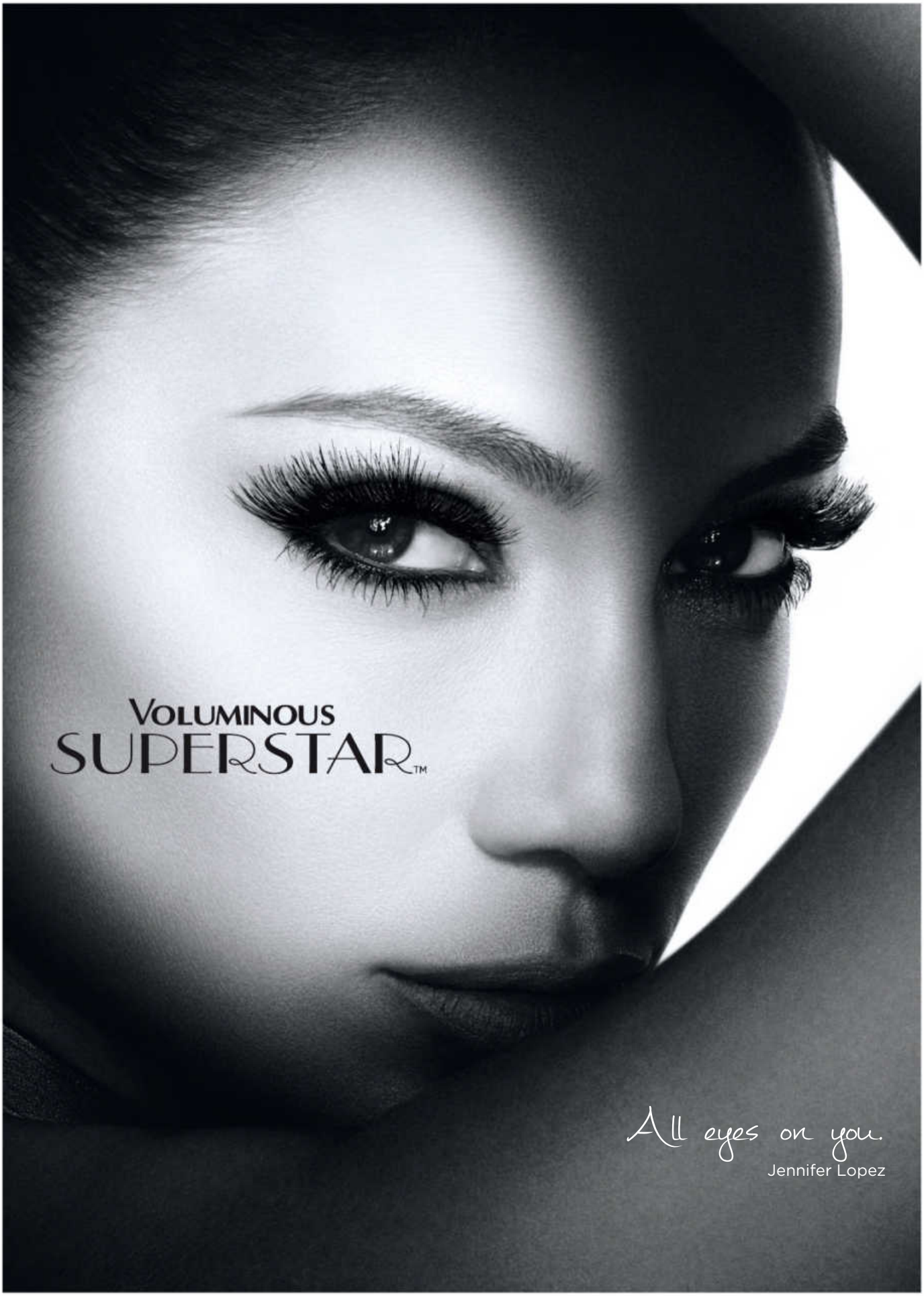
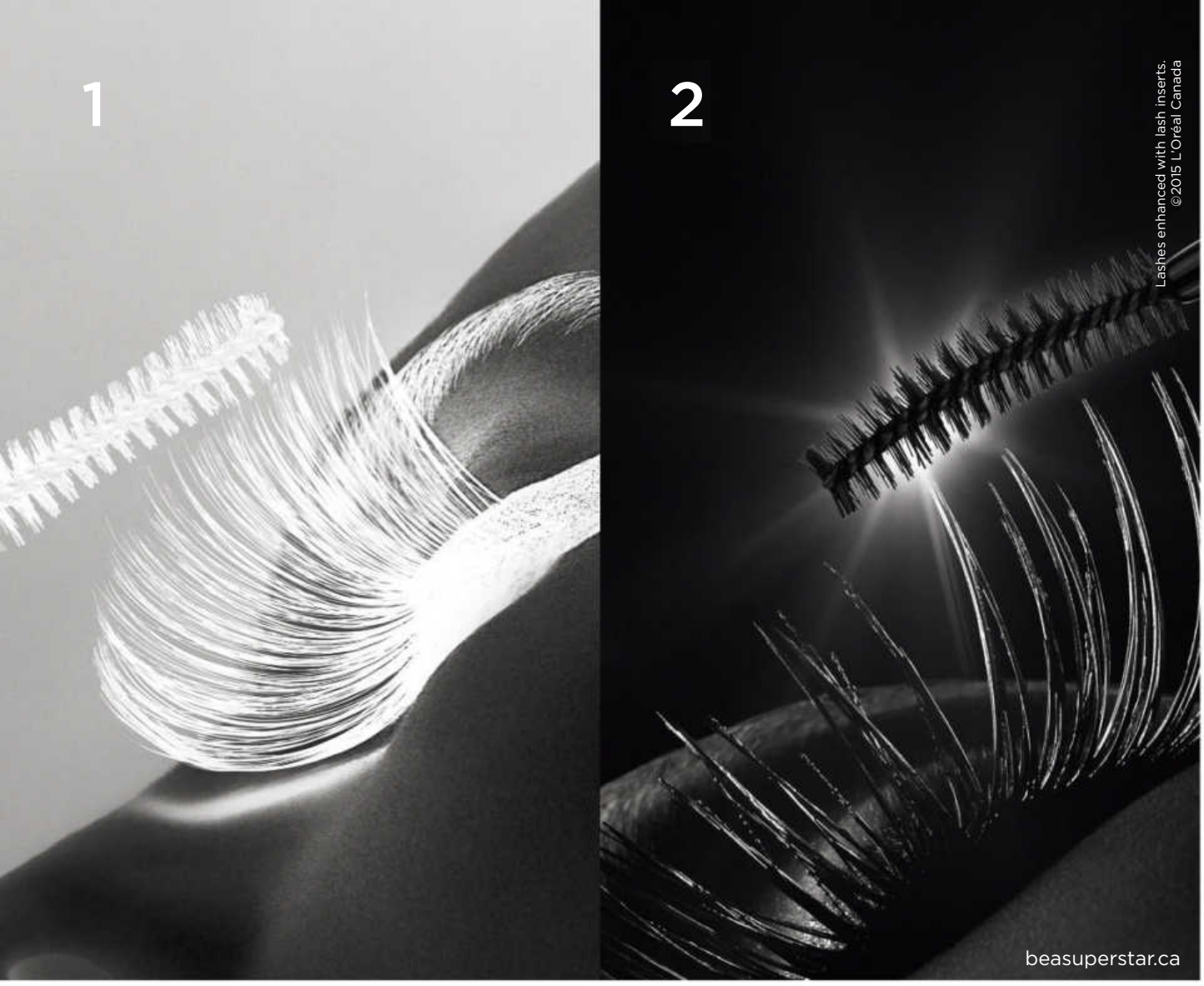

CANADA
ELLE
HOROSCOPE SPECIAL
WHAT'S WRITTEN IN THE STARS FOR 2016?
JANUARY 2016
GLOBAL BEAUTY AWARDS
THE 14 BEST PRODUCTS
#WANT
STYLE ESCAPE
FASHION TAKES A VACAY
BOOTY NIGHTS
WORK IT LIKE MILEY, IGGY & NICKI
DREAM BIG
FIND YOUR BEAUTY #INSPO
SET NEW SQUAD GOALS
VISUALIZE YOUR FUTURE
TRAVEL THE WORLD!


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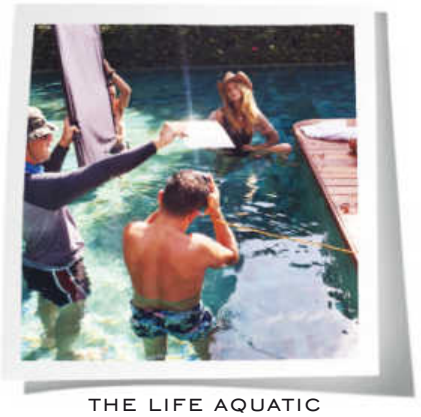
WHO-LANDER?

Model Noel giving major blue-steel BTS at the Beaufille show at World MasterCard Fashion Week.



ERRDAY WE BE COLLAGIN'

Many pieces of paper were harmed in the making of designer Reg's art for "Dream Big" (page 33).



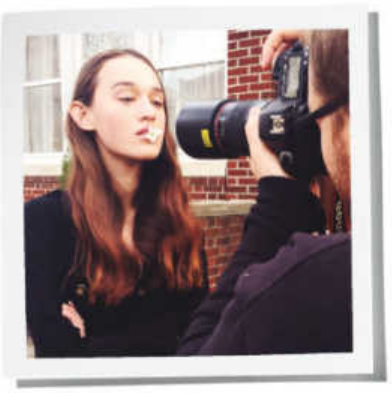
THE LIFE AQUATIC

On-set for our cover shoot in Mexico, the dress code was strictly "dive-school chic" (page 45).



THE MASTER PLAN

We're basically in a home-reno reality show here at HQ! A little dust is so worth it for the new #ELLECanadaCloset.



THE EYES HAVE IT

Lensman Owen Bruce got up close and personal (in the name of art) for "Second Nature" (page 68).



UNTTLD

A snap from the so-hot-right-now Canadian designer's collection that caught our eye (page 17).



IS THIS THE REAL LIFE?

Is it just fantasy? Executive editor Christina really saw such a sight in Mexico (page 90). But we're not jealous.



THAT'S JUST FUZZED UP

Editor-in-chief Noreen took our new fashion director Juliana's coat for a spin in the office.



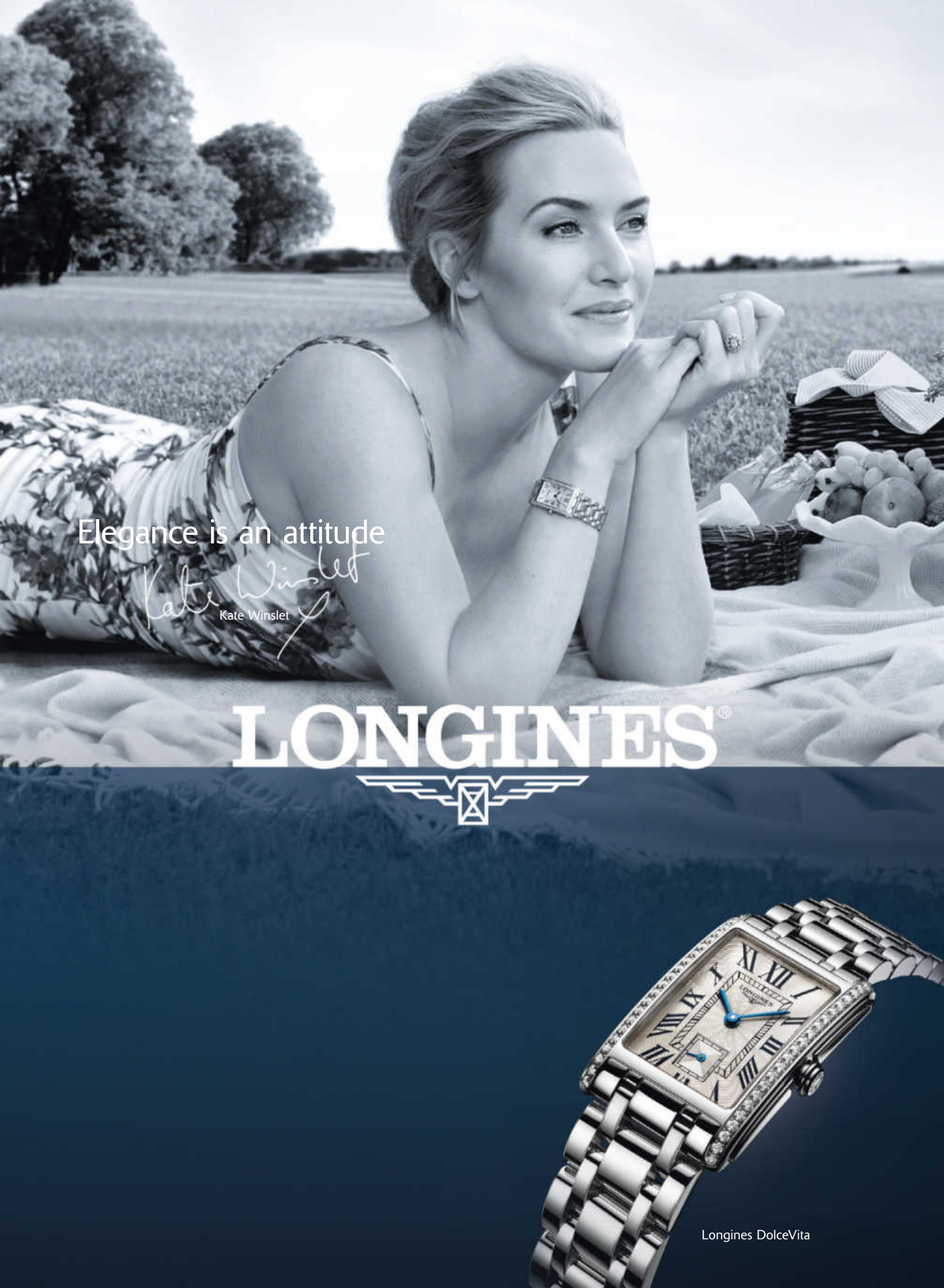
HOW PINTERESTING!

That whole pin micro-trend (page 22)? Art director Brit has been taking the Mickey out of it for years!

TEXT BY SARAH LAING; ALL PHOTOS BY ELLE CANADA STAFF

ELLE CANADA

Get a behind-the-scenes look at each issue as it happens by following us on Instagram **@ELLECanada**.


Elegance is an attitude
Kate Winslet
LONGINES
Longines DolceVita



45

Escape the cold weather—if only for 15 pages....

JANUARY 2016

CANADA ELLE

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18 Fresh kicks.



ON THE COVER

Kate Bock is wearing a bodysuit and jacket by Chanel, a hat by Double G at Bootmaster, a triangle-pendant necklace by Rachel Mulherin, a shell and pearl long necklace and ombré tassel and grey wood chandelier earrings by Haus of Topper, a gold-plated necklace by Aurélie Bidermann, a wrap bracelet (worn as a choker) by Lenny & Eva and a brass-bead choker by Dolorous. **Photographer** Max Abadian **Fashion direction** Juliana Schiavinatto **Hair & makeup** Susana Hong (P1M.ca/Chanel) **Art direction** Brittany Eccles. *Shot on location at Grand Velas Riviera Maya Resort in Mexico (rivieramaya.grandvelas.com)*

OWEN BRUCE (LIPS WITH FLOWER); MAX ABADIAN (MODEL)

editor's note



Dream big. It's the defining message for this issue, and it's the boldest and biggest line on our cover. It's also a sentiment that now resonates with an added poignancy for me. We were in the middle of writing cover lines when I started to receive text messages from my husband, David, about the horrific events unfolding in Paris: "A gunman opened fire at Le Petit Cambodge restaurant in the capital's 11th district," he wrote. "There has been a reported explosion near Stade de France and hostages taken at a Paris theatre." It seemed unfathomable. I reread his text messages, grappling to understand what was happening. To be confronted with such evil is profoundly chilling. Only six weeks ago, I had been in that city of dreams to attend Fashion Week. Our friends live in the 11th district, so the streets—and the convivial scene—are so familiar. One of ELLE Canada's long-standing writers, Clara Young, also lives within blocks of where the carnage took place. In one of our email exchanges in the days after the massacre, I asked her what her "big dream" is for her family and her city. "I think at this point we are still not there in terms of dreaming," she said. "It might be a little melodramatic, but it would be more accurate to say we are about living right now. Just because things are so fraught. The edge will come off, but at the same time, it's in the back of our minds that this is probably when another attack could happen. These attacks were very different from *Charlie Hebdo* because they didn't have a specific target. In the first instance, they had a vendetta against the magazine and we were only involved in the abstract debate. These new attacks, however, really do just target us." Thankfully, Clara's family was spared, but the nephew of one of her good friends had just proposed to his girlfriend at Le Petit Cambodge before she was killed, and a classmate of her youngest daughter was at the concert at Le Bataclan and had to crawl through dead bodies to escape. Another story of survival from Le Bataclan—which went viral after it was posted on Facebook—also moved me. In her evocative post, Isobel Bowdery recounted what it was like to live through the massacre. "Dozens of people were shot right in front of me," she wrote. "Pools of blood filled the floor. Cries of grown men who held their girlfriends' dead bodies pierced the small music venue. Futures demolished, families heartbroken.... Last night, the lives of many were forever changed, and it is up to us to be better people. To live lives that the innocent victims of this tragedy dreamt about but sadly will now never be able to fulfil." So, in honour of those who died in Paris and elsewhere—or whose lives have been changed forever by acts of terrorism—dare to dream big. Imagine a world where our differences are a source of curiosity and inspiration and where our hearts remain open to all those in need.



#PASSIONPROJECT

Don't miss the must-read "Dream Big" package (page 33), which the talented editorial team at ELLE Canada put together this month. From the dreamiest destinations to creating your ultimate dream squad, there's plenty of #inspo. Although Christina Gonzales' piece is directed at every Millennial who thinks 30 is the new 20, her message about identifying your top values and making sure that every decision you make reflects those values is excellent advice for anyone who wants to reimagine his or her life in 2016.

Noreen

Noreen Flanagan
Editor-in-Chief
Follow me on Twitter and Instagram
@noreen_flanagan

We love hearing from you! Please write to us at **editors@ELLECanada.com**.



This illustration by French graphic artist Jean Jullien became the defining symbol for the #peaceforparis movement. Powerfully simple, it reminds us of our humanity in spite of these inhuman acts of cruelty.

EVAAN KHERAJ (N. FLANAGAN); HAIR & MAKEUP BY VANESSA JARMAN (P1M.CA); N. FLANAGAN IS WEARING A DRESS BY THAKOON ADDITION (AT HUDSON'S BAY, THEBAY.COM), A NECKLACE BY IRADJ MOINI (AT ARCHIVES, ARCHIVESLTD.COM) AND A BRACELET BY TIFFANY & CO. (TIFFANY.CA); GEOFFREY ROSS (COLLAGE); COLLAGE BY REGINALD LEUNG

elle letters



THIS MONTH'S BEST

I am always intrigued by the celebrities that ELLE Canada chooses for its covers, and the December issue was no exception. "The Business of Being Kylie" [ELLE Celebrity] showed Kylie Jenner in a completely new light. I had the impression that she's a typical rebellious, over-sexualized teenager; however, in the very personal interview, Jenner gives off such a strong and confident vibe. While she's still affected by the negative comments from the media, she continues to be an open book to her fans, always giving them a peek into her celebrity lifestyle. It was great that ELLE Canada provided Jenner with a platform where her side of the story could be read by the public as opposed to the tabloid headlines. Thanks! **KIM HAMILTON, TORONTO**

KYLIE OVERLOAD

I am a long-time subscriber, but I tore off the December cover the moment I saw a Kardashian despoiling your publication. I have no doubt it is a great coup; however, I have had enough of the press surrounding this family. **J.S.B., EMAIL**

MEMORY LANE

"Internet Killed the Video Star" [ELLE Radar, November 2015] reminded me of the many Friday nights I spent eating candy at a sleepover and watching the countdown and *Electric Circus* on MuchMusic. I also enjoyed "Signed, Sealed, Delivered" [ELLE Trend]. When I lived abroad several years ago, I wrote letters to my grandmother and friends. Since moving home, I try to maintain snail-mail correspondence with my European friends but find it on my to-do list week after week. I just bought a "postcards book" and will now fill out a couple. Lastly, I totally dug "The 2015 Beauty Grand Prix" and the "Graphic Nature" fashion shoot. Thanks for keeping your content inspiring and for keeping me company. **SHEENA CHAYTOR, ST. JOHN'S**

MUCH LOVE

Thank you so much for publishing "Internet Killed the Video Star" [ELLE Radar, November 2015]. This story resonated with me because, like many of your readers, I grew up watching MuchMusic. Thank you for the great memories of what was one of the greatest Canadian channels during my childhood. **MONA, EDMONTON**

SUPERMODEL #INSPO

Cindy Crawford has inspired me for years. It's not just her career trajectory from girl next door to supermodel to mom, wife and businesswoman; it's how she has done all of these things with passion, integrity and success. Her #inspo motto, as featured in the October Editor's Note, are words to live by: "Live in the moment, continue to evolve and feel enormous gratitude for all that you have." Well said and well executed. **MARYAM JAWAID, MISSISSAUGA, ONT.**

LETTER HAPPY

I had to let you know how much "Signed, Sealed, Delivered" [ELLE Trend, November 2015] resonated with me. Although I have a Facebook profile, I think social media has turned us into an impersonal society. I cringe whenever I see a "like" associated with a death/bereavement. **CHRISTINE HAEGEMAN, ETOBICOKE, ONT.**

Send us your letters via email at **ELLELetters@ELLECanada.com** or snail mail at ELLE Canada, 25 Sheppard Ave. W., Suite 100, Toronto, Ont., M2N 6S7. Include your name and address. Letters may be edited. For full contest rules, go to ELLECanada.com/writeandwin.

TWEET LOVE

@HappyNess_ Great article on #muchmusic @ELLECanada. Totally grew up watching Much and kind of sad that it has changed dramatically. Those were the days.
@viciosaspice @ELLE Canada LOVE the article on MuchMusic. Used to be the only way I could discover new music before all the bs took over.
@giigiiisbae Soo proud of @gigihadid for being a @VictoriasSecret Angel and her cover for @ELLECanada #DreamsDoComeTrue
@HeatherJBurke Now following your Instagram account @ELLECanada. How did I miss this before now? Love the photos.



The writer of the best letter will win a prize pack of Aveeno Positively Radiant products (valued at $120).

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guest list



JULIANA SCHIAVINATTO
Fashion Director

THE GIG Schiavinatto is no stranger to ELLE Canada, having styled many of our past fashion shoots. This month she joins the team full-time as fashion director. **PERFECT PAIRING** "It's a match made in heaven—I feel at home at ELLE. And, as they say, there's no place like home."



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KATE BOCK
Model

THE GIG Hailing from Vancouver and now settled in New York City, Bock is the sun-kissed face on our cover. **MODEL MOMENTUM** "I think having small goals is as important as having big ones. If you regularly cross small goals off your list, then you stay inspired to get the bigger ones crossed off too!"

ELAINE JYLL REGIO
Market Editor

THE GIG Mississauga, Ont., native Regio joins the team as market editor—a.k.a. the style maven behind the shopping pages. **IRRESISTIBLE INDULGENCE** "Moto jackets. I have one for every day of the week at this point."





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page 40



ELIANNA LEV
Writer

THE GIG Lev, who splits her time between Toronto and Vancouver, writes about finding joy in life simply by smiling. **CREATIVE JUICES** "My sources of inspiration include my dog Dutchie's unflinching enthusiasm, Anaïs Nin's diaries and the work and practice of Toronto artist Sandy Plotnikoff."

CHRISTINA GONZALES
Writer

THE GIG Torontonian Gonzales shares how sessions with a life coach helped fire her passions and get her on track. **SELF-CENTRED** "Get to know yourself. Learn what moves you, and do it often without any pressure to succeed." □





page 34

TEXT BY ALIZA VIRANI; ANDREW SOULE (K. BOCK)



IN THE BAG To celebrate the launch of its ready-to-wear collection in Canada (please note those totally-winter-ready coats—top right), Coach hosted a shoppable soiree at its Yorkdale store in Toronto. Fashion features editor Lisa mingled with the crowd as they browsed, listened to a DJ spin some tunes, received their gift-with-purchase (a very cool set of pins) and checked out Gigi on the cover of our November issue!

HOT TICKET

It was a month of bags, bubbles and the best in beauty!



#WINNING Canada's beauty industry gathered to celebrate the annual ELLE Beauty Grand Prix (judged by you, readers!) in Montreal, hosted by beauty director Vanessa Craft and her ELLE Québec counterpart, Angélique Martel. Those happy-looking people holding mics? They're the winners accepting some of the most coveted honours in the biz!

TEXT BY SARAH LAING; JOSH Z./PAGE ACTIVATIONS (COACH EVENT); FRÉDÉRIC AUCLAIR (ELLE BEAUTY GRAND PRIX)



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[1] Bahman, G. et al (2009), Factors Contributing to the Facial Aging of Identical Twins.
[2] Based on a US home use test on 99 women aged 25-65 after 4 weeks.
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ELLE STYLE

FASHION NEWS, SHOPPING HITS & RUNWAY TRENDS



Dior's resort 2016 show took place at Palais Bulles, a futuristic architectural marvel located on the French Riviera.

WALKING ON AIR

The sky's the limit this season.





WISH LIST "So Real" sunglasses ($485); leather "Lady Dior" handbag ($5,300); "Trianon" canvas jacquard boots ($1,400). All Dior (dior.com)

EDITOR'S POV Dior's resort 2016 collection was staged in a space-age paradise—the ideal setting for what critics described as Raf Simons' most forward-thinking designs. It's perhaps no coincidence, now that Simons has left Dior, that his second-to-last show for the house exhibited such independence of spirit. Simons' departure is proof that even a dream job can have its limitations and that in order to progress, it's necessary to be fearless in the pursuit of something new. **LISA GUIMOND**

GETTY IMAGES



GETTING FRIENDLY

We chatted with Emma Hill, former creative director at Mulberry, who has launched her own handbag line, Hill & Friends, in collaboration with Georgia Fendley, Mulberry's former brand director.

THERE'S NO "I" IN "TEAM" "Running my own brand is challenging, exhilarating and liberating. I love the chance to do it with my best friend, Georgia."

THE WORLD IS YOUR OYSTER "We launched with handbags, but we always planned on expanding into all sorts of other exciting categories–no rest in the fashion calendar!"

WINK WINK, NUDGE NUDGE 😉 "Our smiley-face-shaped lock has a subtle humorous twist–we love that you have to make your bag 'wink' [by turning one of the eyes] to close it." (From $1,261, hillandfriends.com)

LATEST & GREATEST

STYLE SCOOP

What's cool, cutting edge & important.

SOLO ACT Remember J.Crew's bubble necklaces that were everywhere a few years ago? They were the work of Lele (Lisa) Sadoughi, the brand's first jewellery director. Now, Sadoughi runs her own eponymous line, which arrives at Holt Renfrew in January. The collection consists of playful, feminine baubles, like the Dandelion Pendant, which was inspired by the Texas flower fields of Sadoughi's childhood. "I designed hand-cut bone cabochons set in gold prongs to resemble the stamens of a dandelion," she says. "It was a real challenge to make the spherical 3-D piece, but I've found that challenges often result in the most interesting objects." (From $100, lelesadoughi.com)



CHANNEL SURFING

Made to Measure, the exclusive new fashion channel on Apple TV (from $199, apple.com/ca), has us glued to the screen. A swipe of the sleek remote and suddenly we're a fly on the wall in Alexander Wang's downtown studio just 28 hours before his runway show (spoiler alert: there's a last-minute alteration and–gasp!–not enough time to do it) or watching Karlie Kloss talk ambition and apps with Diane von Furstenberg over tea. Now *that's* good TV.



STORE OPENING

Versace arrives in Vancouver

When you set foot in Versace's new accessories-only store in Vancouver, look down. London-based Canadian architect Jamie Fobert (whose CV includes the dazzling displays made with antique wood shoe lasts at Selfridges) created the boutique's Byzantine-inspired marble mosaic floor. The store will debut the pre-spring collection, consisting of the brand's signature Medusa-embellished more-is-more wares. (Leather backpack, $2,675, versace.com)

TEXT BY LIZ GUBER & LISA GUIMOND; GETTY IMAGES (DANDELIONS). OPPOSITE PAGE: "UNTTLD" BY LISA GUIMOND; COURTESY UNTTLD (MODEL); GEORGE PIMENTEL (RUNWAY)



UNTTLD

The Canadian label that's shaking up womenswear.

For Montreal designers José Manuel St-Jacques and Simon Bélanger, UNTTLD (unttld.ca) is a labour of love. Partners in life and business, the duo are the dream team behind the label, which won the 2015 Mercedes-Benz Start Up competition earlier this year, beating out a talented roster of Canadians, including Beaufille and Laura Siegel. It's not the first time St-Jacques and Bélanger have been awarded top honours: In 2010, they were contestants on the TV show *La Collection*, Quebec's version of *Project Runway*. They entered separately in a game of friendly design rivalry. St-Jacques ultimately won the $100,000 prize, which allowed them to launch UNTTLD. Now, thanks to their latest win, they're ready to take their business to the next level. "We need a CEO," says St-Jacques. We caught up with the designers, as they prepare to launch their e-commerce site this spring, to talk mentors, muses and Montreal.

LEARNING CURVE

St-Jacques "Designer Denis Gagnon taught us to screw the rules and do whatever we want." **Bélanger** "He brought more of an artistic dimension to fashion instead of just making garments, you know? And he was very generous with the techniques he developed. He would share them with us a lot, like how to sew things together and how to make textures."

IT'S A WOMAN'S WORLD

Bélanger "We surround ourselves with very intense, opinionated and strong people. And those are the sort of people we like. We don't like wallflowers. We want to see powerful women, women that own themselves. We try to make women beautiful independent of their shape or size. I know that sounds cheesy, but to us it's really normal." **St-Jacques** "We like to dress the psychological woman, not the physiological woman."

LOOK AND FEEL

Bélanger "[Our clothes] are not art, because that's what you find at a museum. We express our concerns through our work. We don't just make clothing that dresses people, because that's boring. To us, that's not fashion; that's just making clothes." **St-Jacques** "It's more than shape. What we like is the emotion. But we also like to work with history, spirituality and traditional costume."

HOME RUN

St-Jacques "What's great about Montreal is the people. It's cheap to live here, so you have a lot of free time to do whatever you want to do. There's a lot of parks, great music, a lot of great everything. That's very inspiring to us. It's very easy, and it's small; it feels like a village. We all know one another, and there's an energy here that makes it easy to start a project with someone."

BALANCING ACT

Bélanger "Sometimes when you are geared too much toward the commercial, you want to say that you're just going to be an artist. And then when you're an artist and you're not making a penny, you just want to be a designer and sell." **St-Jacques** "But that's what I like. In fashion, you have to come up with new stuff and new ideas and question what you're doing all the time: 'Why did I do this? Where am I going with this? Who am I talking to?' It's not boring at all. I think that's what I really like: You're in constant change and progressing instead of redoing the same thing all the time."



ZAID AFFAS

This L.A.-based designer creates luxury fashion that is powerful but not pompous.

My first impression of Zaid Affas' work is that its minimalist, sculptural and intellectual sensibility is very New York. But it turns out that the Kuwait-born, U.K.-raised designer calls Los Angeles home. "The weather and the lifestyle are the best," explains Affas. "Creatively, it's just so easy to live ▷

THE POWER
OF LIGHT



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CITIZEN
BETTER STARTS NOW



Zaid Affas held his debut runway show at the Art Gallery of Ontario.

there. You can be in your own world. It doesn't impose on you like London or New York. That said, I do what I do whether I'm in New York or London or L.A." And what he does is create impeccably tailored, powerfully simple pieces: Think gorgeous elongated funnel necklines, dresses with thigh-high slits and jackets with exaggerated "samurai" shoulders. "I want to do collections where each look will always be special," he says. "A woman can wear it for 10 years and people will still tell her it's beautiful, but at the same time it's not overwhelming or too trendy or based on a season or gimmick." He launched his line in 2014—after working for Ralph Lauren, BCBG Max Azria and Ports 1961—and had his runway debut last November at the Art Gallery of Ontario. He was there at the invitation of Lisa and George Corbo (of George C) for the fifth annual "George Invites Margaret to Dinner" fundraiser for the Princess Margaret Cancer Centre "Believe It Billion Dollar Challenge." **NOREEN FLANAGAN**

Zaid Affas is available at George C in Toronto.

ZAID ON HIS...

MISSION "I want women to feel dressed up but not pompous."

DESIGN PROCESS "I'm inspired by pure principles of form. I don't have embellishments, which are designed as an applied layer as opposed to the form itself."

CAREER CHOICE "My father is an architect; that's what I wanted to be, but he said: 'You'll study for seven years and you won't make any money. Don't do it!' I went to Central Saint Martins to study painting and fine arts, but I did some fashion photography and discovered I liked fashion."

INSPIRATION "I admire the cleanliness of Mies van der Rohe and the folding curves of Frank Gehry."

MUSES "Tilda [Swinton] and Cate [Blanchett] are my dream clients. They're smart, elegant and sophisticated. They're good at what they do—they're not just celebrities." ☐

GEORGE PIMENTEL (RUNWAY)



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Citizen L Circle of Time
Mother-of-Pearl
Diamond Dial

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A watch that never needs a battery.

citizenwatch.com | CitizenWatchCanada

Polyester blouse, Guess ($128, guess.ca)

Cotton-sateen shirt, COS ($175, cosstores.com)

Sheer silk nightshirt, Dion Lee ($870, at matchesfashion.com)



Polyester tunic, Reitmans ($46, reitmans.com)

Cotton-poplin shirt, Fendi ($2,286.91, at NET-A-PORTER.com)

Cotton shirt, Kaelen ($588.74, at modaoperandi.com)

Cotton shirt, Pink Tartan ($325, pinktartan.com)

NINE-TO-FIVE

SIMPLE PLAN

Refresh your office uniform with a refined monochromatic palette.

Wear it with



DRESS Polyester belted dress, Forever 21 ($33.90, forever21.com)



WIDE-LEG TROUSERS Polyester and viscose trousers, Topshop ($60.50, topshop.com)



SKIRT Crocheted cotton high-low skirt, Skinbiquini ($202.32, at farfetch.com)

STYLED BY ELAINE JYLL REGIO; IMAXTREE (RUNWAY); COURTESY JACQUEMUS (MODEL)

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CANADA ELLE

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No purchase necessary. Contest starts December 1, 2015, and ends January 8, 2016. Contest is open to all legal residents of Canada, 18 years of age or older. There is one (1) grand prize available to be won. Winner must be available to travel to Toronto between January 25, 2016, and May 31, 2016. Odds of winning depend on number of eligible entries received. Visit ELLECanada.com/ECmodelsearch for complete contest rules. Prize subject to change.

STICK IT TO ME

We're letting these pins do all the talking.



1. 14-karat-gold-plated, OVO ($35 for a set of three, octobersveryown.com). **2.** Enamel, Lil Bullies ($10.53, lilbullies.com). **3.** Metal, Ban.do ($13.08, shopbando.com). **4.** Mirrored, I Still Love You NYC ($111.21, istillloveyounyc.com). **5.** Silver-plated brass, Pintrill ($15.70, pintrill.com). **6.** Enamel, Valley Cruise Press ($13.08, valleycruisepress.com). **7.** Metal, Heroes for Hire ($13.08, at bigcartel.com). **8.** Oxidized-silver-toned brass and enamel, Saint Laurent ($582.19, ysl.com). **9.** Gold-plated bronze, Vanessa Arizaga ($150.45, vanessaarizaga.com). **10.** Enamel, BanannaBones ($13.42, at etsy.com). **11.** Black-nickel-plated enamel, Laser Kitten ($15.70, laserkitten.com). **12.** Polymer clay, CoucouSuzette ($19.28, at etsy.com). **13.** Enamel, Big Bud Press ($10, bigbudpress.com). **14.** Aluminum, Givenchy ($137.58, at Barneys New York, barneys.com). **15.** Brass and enamel, Proenza Schouler ($98.12, proenzaschouler.com). **16.** Enamel, No Fun ($5, at soopsoop.ca). **17.** Brass, Saint Laurent ($559.57, at farfetch.com). **18.** Enamel, Prize Pins ($19.62, prizepins.com). **19.** Gold-plated enamel, Hot Fire ($10.53, hotfire.la). **20.** Metal, Zara ($19.90 for a set of three, zara.com).

STYLED BY ELAINE JYLL REGIO; COURTESY ZARA (MODEL)


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A TOAST TO CANADIAN FASHION

CANADA ELLE


5


6

TORONTO • OCTOBER 21

Top clients, advertisers, publicists and other VIPs attended the 2nd Annual ELLE Canada and Maybelline New York Toast to Fashion Week event at the Shangri-La Hotel, Toronto. Our stylish guests sipped champagne and noshed on cotton candy as we celebrated Canadian fashion.

1. Ksenia Mikhailov **2.** Raquel Del Val **3.** Elissa Mielke and Talwst **4.** Noreen Flanagan, editor-in-chief of ELLE Canada **5.** Yona Zukerman and Alex Filiatrault **6.** Fashion designer Mikhael Kale **7.** Hawley Dunbar **8.** Stephanie Mediati, Mandy Johnson, Marcela Perez Kate Pires and Sarah Drake

MAYBELLINE NEW YORK


7



8

RYAN EMBERLEY, EVAN BERGSTRA


1


2




3


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5


6

NINE-TO-FIVE

#SNEAKERHEAD

Step it up with metallic runners and get ahead of the pack.


7


9


8

1. Leather and synthetic, Puma x McQ ($276.16, at nastygal.com). **2.** Bouclé-tweed and leather, Pedder Red ($155, at Lane Crawford, lanecrawford.com). **3.** Synthetic, Puma ($171.67, at Nordstrom, nordstrom.com). **4.** Leather, Giuseppe Zanotti ($970, at ssense.com). **5.** Leather, MM6 Maison Margiela ($587.90, at farfetch.com). **6.** Lambskin, United Nude ($296.10, at shopbop.com). **7.** Nubuck and metallic, Nike Air Max 1 Premium ($157.97, at Barneys New York, barneys.com). **8.** Synthetic fabric, Sam Edelman ($221.75, samedelman.com). **9.** Leather, Saint Laurent ($594, at mytheresa.com).

STYLED BY ELAINE JYLL REGIO; IMAXTREE (STREET STYLE)

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ELLE RADAR

TRACKING THE BEST IN MOVIES, BOOKS, MUSIC & ART



Actress Lauren Cohan talks about her thrill-seeking past and all those zombies on *The Walking Dead*.

KEEPING OUR COOL

This month, we're ready for anything.

OUR FAVOURITE ZOMBIES OF ALL TIME
Michael Jackson in the "Thriller" video; R in *Warm Bodies* (2013); Bill Murray in *Zombieland* (2009)



PAOLA KUDACKI (L. COHEN)

EDITOR'S POV In Gloria Steinem's new book, *My Life on the Road* (out now), she opens with a quote from travel writer Bruce Chatwin: "Evolution intended us to be travelers...." I love this line and have decided to make it my mantra for 2016. Why? Because whether our goals are big or small, we're all on the road to somewhere—and a new year means another chance to figure out exactly how to get there. Let's go!

ALIYAH SHAMSHER



PROFILE

SETTLING IN

The Walking Dead's *Lauren Cohan on finding a place to call her own.*



WE ASKED, LAUREN ANSWERED...

Irrational fear? "Blood! I cannot get blood work done without histrionic exorcist noises and activity." **Irrational love?** "Couches! It's a problem. I buy and return couches all the time because I can't decide." **You're like Maggie Greene because...** "We're both impulsive." **You're not like her because...** "I'm a little more analytical. More neurotic!" **You hope no one ever calls you...** "Unkind." **Place you usually get recognized?** "Not that it matters, but it's always at CVS when I'm buying tampons!" **You're happiest when...** "I'm with my family and listening to my uncle play Billy Joel."

The morning that ELLE Canada chatted with Lauren Cohan, the actress had a minor epiphany. The American-born, English-bred star of *The Walking Dead* had been reading a script and was struggling to connect with the material. "It felt a bit thin, like it wasn't about a real problem," she recounted over the phone. "And I suddenly thought, 'That's why I like supernatural projects!' The conflict is so tangible; it's so worth the fight. There's no arguing with life or death when it's us versus vampires, werewolves or zombies."

And although she says she's a "pragmatic woman," Cohan went on to add: "There's something that's more realistic to me about the supernatural than a lot of pretentious drivel where the stakes aren't real. I actually can't learn lines when I'm just talking about some silly thing."

Which is why she's lucky that, thus far, the highlights of her career have all included roles that have a touch of fantasy: a 560-year-old bloodsucker on *The Vampire Diaries*, a nanny to a living doll in 2016's *The Boy* and, of course, Maggie Greene on the record-smashing zombie hit *The Walking Dead*, now in its sixth season. "I actually just watched an episode, and I felt so thrilled to be on a show that's written so well for women," said the 33-year-old Cohan, adding with a laugh, "Not to be weird or anything, but I felt like such a fan!"

Cohan describes herself as an "independent-minded thrill-seeker." (She's the kind of person who decides, overnight, to move to California against her parents' wishes and gives all her stuff away the next day.) But working on this show has had an unexpected calming effect on the formerly compulsive nomad. Not only does its gripping high-stakes drama satisfy her need for action in her life but having to settle in Georgia (where the show is filmed) has also grounded her in a very real way.

"I changed schools so many times when I was a kid," explains Cohan, whose parents divorced when she was young and moved her from the United States to England when she was a tween. "Being on this show for six years is the longest I've been with the same group of people. I realized that, wow, people are there for you. When you lean in, they stand up and let you lean on them. It has been a great life lesson."

Another thing that putting down roots has taught her? "I was always looking for happiness in a new stimulation, but I've learned that sitting still is a really important part of going places," said Cohan, who recently rediscovered meditation. "I already have everything I need. I'm at the age in my life where I'm looking at what I have to give, not achieve." □

COCKTAIL SPOTLIGHT

GLÜHWEIN

Because winter is here and you need something to do until *Game of Thrones* returns next spring, why not throw a convivial gathering fit for the halls of the Lannisters themselves? The centrepiece of your revel (bloodshed-free, of course) should be a steaming carafe of Glühwein. This version of the traditional German holiday drink was created last winter by Nick Kennedy at Toronto's Civil Liberties for all the cold people who streamed into the bar. He promises a depth of spicy flavour redolent of a "chalet in the French Alps." His hot tip for this bone-warming brew? "Adapt it to suit your taste: Add more orange zest or less cinnamon—extra brandy is always fun!" #allmenmustwine



FUN FACT
The name of this German-style mulled wine is pronounced "glue-vine."



PRONOUNCED "CHEE-NAR"
A key ingredient in this concoction is the artichoke-based classic Italian liqueur Cynar ($23, at LCBO, lcbo.com). It's bitter, herby and nothing like the dip.



MEET THE MIXOLOGISTS

Despite serving us up a drink perfect for chilly temps, the crew at Civil Liberties are *so* over "cool": "We love the cocktail renaissance, but bars are still places to sit with friends and have a conversation and a laugh." What never gets old? "We value being kind over cool, and we really like to have fun. Who doesn't like to have fun?" Can't argue with that.



IN THE SHADOWS
Smoky hues encased in a luxe coffret, milady? Lise Watier Palette Majestique Eyeshadow in Dark Diva ($42, lisewatier.com)

RECIPE

3 medium oranges
1 cup (250 mL) sugar
10 whole cloves
2 (3-in., or 7.5-cm) cinnamon sticks
3/4 cup (180 mL) water
2 bottles dry red wine
1/4 cup (60 mL) brandy
1/2 cup (120 mL) Cynar
3/4 cup (180 mL) Fernet-Branca
Cheesecloth or fine strainer

Zest and juice oranges. Combine zest, juice, sugar and spices with water and bring to a boil. Reduce by half. Add wine, brandy and liqueurs; simmer on low for five minutes. Strain and serve warm.



FOOD PAIRING
The stick-to-your-ribs comfort of mac 'n' cheese



SO PUNNY Recipes for "Joffrey's Jaffa Poison Cup," "Brienne of Tart" and "The Iron Scone" await you in *Game of Scones: All Men Must Dine*, a parody *GOT* cookbook by one "Jammy Lannister."



ON THE RUNWAY Hello, burgundy, merlot and claret.

ELLE CANADA

For more cocktail recipes, visit **ELLECanada.com**.



SUGGESTED SERVING
The word to describe this copper stockpot? Sumptuous (from $470, at Williams-Sonoma online only, williams-sonoma.ca).

TEXT BY SARAH LAING; RYAN SZULC (COCKTAIL); COCKTAIL STYLED BY NANCY MIDWICKI; PROP STYLING BY MADELEINE JOHARI; IMAXTREE (RUNWAY); GETTY IMAGES (ORANGES & ARTICHOKES)



MEGAWATT

A casual catch-up with Aussie superstar Naomi Watts.

By Sarah Laing

THERE ARE TWO THINGS YOU NOTICE about Naomi Watts when she walks into a room. First, her eyes are so, *so* blue—like "nice try, Tiffany and the waters of the Bahamas, but we've got this colour on lock" blue. Second, you might say that the 47-year-old actress carries herself with poise (if that didn't sound so stuffy) and elegance (if that didn't sound so chilly). Watts has a comportment that makes browsing the tea selection on a catering table look refined and a way of sitting up straight in her chair that instantly elevates the rather bland hotel room turned interview space in which we currently find ourselves during the Toronto International Film Festival (TIFF).

All this could make the British-born Aussie seem unapproachable, but the opposite is true. She's generous with her laughter, and while she isn't exactly shy (she's too confident for that), there's a certain reserve about her that comes when a naturally introverted person becomes the centre of attention.

"It will never be a relaxed experience for me," says Watts of attending film festivals like TIFF, where she's premiering two films, *Demolition* and *About Ray*. "Watching a film with an audience is scary because you've put in so much work. But then it's also a way to finally be objective. I get to watch the audience watching the film, so I experience it in a new way."

Although Watts worked steadily as an actress throughout her 20s, her career only started taking off when she was in her early 30s, with cult classics like *Mulholland Drive* in 1999 and *The Ring* in 2002. "I got recognition late—I was in the last days of playing an ingenue. Almost straight after *Mulholland Drive*, I was playing mothers! But the longer the life, the richer it gets, and hopefully the roles I've taken reflect that."

But more than 15 years after her "breakout" moment, finding great female-driven stories is still a rarity. "Unfortunately, there are too few, which makes no sense because there are as many women in the world," she says. "And why shouldn't we be telling these stories? They're just as interesting." The Oscar-nominated actress should know: In the past five years, she has played an undercover CIA operative (*Fair Game*, 2010), a mother struggling to reunite her family after the 2004 tsunami in Thailand (*The Impossible*, 2011) and a Florida convenience-store clerk dealing with an unplanned pregnancy (*Sunlight Jr.*, 2014). She's in the midst of a transition, though, and has been exploring the funnier side of her creative wheelhouse recently with two comedies (albeit dark ones): *St. Vincent* and the Oscar-winning *Birdman*. "I had to change it up, show another colour, particularly on the heels of two very dark movies like *The Impossible* and the [Princess] Diana movie," says Watts with a laugh. "I just wanted to not always play the woman who is in pain or having a nervous breakdown!"

Doing two lighter films has given the actress a "little bit of confidence" when it comes to her comedic skills, which is why she'd love her next film to be an animated one—but, she adds in true Watts style, "something with a bit more arch would be more interesting to me than a safe, sweet family movie." (Watts did say she has some voices up her sleeve but refused to do any on request. Understandably.)

Part of the reason she wants to do an animated film is so her children can enjoy it. And throughout our conversation, it's clear that her two sons, aged eight and seven, along with her partner, actor Liev Schreiber, are what really make her world go round. "I try to live my life as a normal person would, even though it's not normal to have paparazzi follow you about," she says. "I'm not going to have my kid get a late note [at school] because I had to spend an extra 20 minutes blow-drying my hair!"

When talking about her family, Watts' face lights up. Even when she was approached by L'Oréal Paris late last year to be a brand spokesperson, it was her family that came to mind first. "I thought, 'Oh, this is going to be easy—I know how to sell a L'Oréal product like Elnett.' I have images of my grandmother spraying this plume of it around her head, setting her 'do in rollers," she says, smiling.

She laughs when talking about Schreiber, who pokes fun at "how English" she and her mom get when they're in England. "He always says my accent changes depending on whom I'm with—and he's probably right!" Her most unguarded moment comes when she's asked what she would do on a perfect day, free of the restrictions of time, space and reality. "I'd go up on a magic carpet with Liev and my children. We'd be up in the clouds, having a very nice picnic!" □



WATTS IS THE FACE OF L'ORÉAL PARIS' REVITALIFT LINE. Revitalift Volume Filler Progressive Revolumizing Day Cream ($36, at drugstores and mass-market retailers)



MY BELLY IS FROM THE KIDS. MY BOOTY IS FROM THE GYM.

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#OWNIT

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GEOFFREY ROSS; COLLAGE BY REGINALD LEUNG

DREAM BIG!

THIS IS THE YEAR TO GO AFTER YOUR BIGGEST, BADDEST, WILDEST DREAMS AND BUILD A LIFE YOU LOVE. #PASSIONPROJECT



HOW TO...START OVER

late summer 2012. It's the Sunday morning after my going-away party, and my friend Robbie and I are sitting on the balcony of the two-bedroom, two-bathroom downtown Toronto condo I'm renting. We chain-smoke Belmonts for most of the day and revel in the fact that we don't have to buy booze for the week—my fridge is kindly stocked with leftovers from partygoers who'd come and gone the night before. That night we giddily make our way to the bar, which is packed with other twentysomethings who, like us, don't seem to be acknowledging the workday ahead. We dance until 2 a.m. I bring home a guy who told me that he played professional hockey in Europe. He slips out while I'm still groggy—sometime before 9 a.m. I didn't catch his number, and I don't even know his name.

The weekend was a series of celebratory indulgences. I'd just quit a high-salaried job in advertising sales, and I was basking in my new-found freedom. Over the past year or so, I'd become bored and uninspired. I desired more from my 25-year-old existence; I yearned to write and travel. Going to England to get a master's degree in journalism had become the only choice that felt right. I would do anything to get there, even if it meant taking on debt. In truth, signing off on a $40,000 student loan had been an afterthought. Plus, I was only in my mid-20s—I had plenty of time to pay that money off.

Fast-forward three years and I'm slumped over my bed in my parents' home. I'm now 28 and raw from a split with my boyfriend of two and a half years, apartment-less and lacking the drive to pursue any real career. A message appears on WhatsApp from my friend Meaghan: "You may hate me for sending this to you, but worth a watch," accompanied by a link to a TED Talk: Why 30 Is Not the New 20, given by Dr. Meg Jay, a psychotherapist who specializes in twentysomething adult development.

I watch the video and I'm instantly overwhelmed. *Claim your adulthood. Get some identity capital. Use your weak ties. Pick your family.* The phrases from Jay's talk are hitting me upside the head. "That video has made me feel like complete shit," I fire back at Meaghan.

"Identity capital" is what Jay calls experiences that add value to who you are as a person. They're experiences you can put on a resumé—experiences that enhance your preparedness for future opportunities. "At least I have that," I thought. During my year of graduate school abroad, I had built a network of friends from Valencia to Jakarta, travelled to seven different countries and completed a summer placement at Britain's largest news agency.

But in the year that I'd been home, I had spent the remainder of my $40K loan and racked up another $10,000 in credit-card debt trying to keep up the frivolous lifestyle I'd led before grad school. I'd moved in with a man whose values were clearly not aligned with mine, hoping that one day we'd stop screaming at each other and just get along. But we never did. And I had no choice but to leave him. In career, money and love, I was in the negatives.

When I left for England at 25, my late 20s felt like they were far off; my 30s were completely out of sight. I had

GEOFFREY ROSS; COLLAGE BY REGINALD LEUNG; IMAXTREE (MODEL)



no clear path to the house, husband or career that I desired by 32 (the arbitrary age that I'd determined I should have all these things by). I'd never even thought about how I'd actually get to that point. My foresight simply wasn't there. In her book, *The Defining Decade: Why Your Twenties Matter—And How to Make the Most of Them Now*, Jay says, "Self-definition needs to be affirmative—do rather than not do." If I wanted to have what I'd envisioned for myself in the next two to five years, I needed to act—now.

My friends were all on different paths, which didn't help. On one end of the spectrum, some had it all together—houses, stimulating jobs and fruitful relationships with well-matched partners—while others were lost and unable to pinpoint what made them want to get up every morning. But we were unified by one characteristic: We all wanted great things for ourselves, and that desire either manifested in action or self-loathing. It was clear that I was on the self-loathing end of the spectrum. And I had to free myself from those intense feelings of inadequacy if I wanted to make any real progress in my life.

Enter the life coach. I had read about Caird Urquhart of Newroad Coaching in an online article; the writer had been a client of Urquhart's at a time when she was struggling to find full-time employment and living in her in-laws' basement apartment while her husband trained with the military in a different city. She felt worthless, and her confidence was eroding by the day. I could definitely relate.

I called Urquhart. In fact, I called a number of life coaches. "What do I have to lose?" I thought. During our first conversation, which was 30 minutes, free and over the phone (most life coaches let you scope them out for "chemistry" before you commit), I felt at ease. Best of all, Urquhart viewed my life with a lightness that only a third-party perspective could have. At the first mention of my struggle with writing, she exclaimed, "It's not like you've been doing this for the last five years!"—a.k.a., go easy on yourself, girl. I was sold.

IT WAS CLEAR THAT I WAS ON THE SELF-LOATHING END OF THE SPECTRUM. AND I HAD TO FREE MYSELF FROM THOSE INTENSE FEELINGS OF INADEQUACY IF I WANTED TO MAKE ANY REAL PROGRESS IN MY LIFE.

Our first session would be the longest—an hour and a half. Each of our meetings thereafter would be a 30-minute call. During our first chat, Urquhart asked me to list 30 of my values and three words associated with them: "If you're running blank, think about a time in your life when you felt really good—a time when you were really happy and succeeding. Your values usually pop up then," she said. By our second phone meeting, we'd honed in on my top five: balance, adventure, creativity, learning, challenge.

After 28 years, how had I not known this about myself? My need to have enough free time for wellness and play, my need for spontaneity, my need to fulfill artistic tendencies and my need to constantly be discovering new things about the world are all components of who I am.

Urquhart guided me toward living a life centred around my values—I was to consider them with every decision I made. (She even made me carry the list around in my wallet.) At first, it was difficult. Like when I sent a round of networking letters to people I knew—old friends and acquaintances—and no one responded. I was tempted to retreat, stop discovering the real me and apply for jobs that weren't necessarily a good fit. "Stop apologizing," said Urquhart. "People want to talk to people who know their own value." I stayed on track and sent a second round. This time, I pumped up the letters with feigned confidence and sent them again (including some to people I didn't know). I landed my first big assignment. I finally felt like I was on my way.

There are still lots of questions that remain: Where do I want to live? What kind of man do I want to be with for the rest of my life? And how exactly will I see my goals through? But having learned what I truly value, I am now better equipped to answer them. As overwhelming as self-discovery can be at times, it's definitely worth the effort. I found not only true inspiration but also direction. I found a journey. And suddenly, Jay's advice didn't seem so harsh.

CHRISTINA GONZALES ▷

"For what it's worth... it's never too late, or in my case too early, to be whoever you want to be."
– F. Scott Fitzgerald



HOW TO...VISUALIZE YOUR FUTURE

Author and motivational speaker Adam "Smiley" Poswolsky is contemplating the biggest challenges that may be stopping people from achieving their goals. "Social media," he says over the phone from his San Francisco-based office without missing a beat. "First, it's a huge time suck. We spend so much of our time on Instagram, Facebook and Snapchat—and it's even worse for Gen Z! There is also the issue of jealousy and envy and not being able to get past these emotions."

And Poswolsky would know. Before writing *The Quarter-Life Breakthrough*—a Millennial manifesto that he self-published through an Indiegogo campaign—he had quit his job at the Peace Corps and would spend hours thumbing through his social-media accounts. "I spent a lot of time on Facebook being like 'Oh, my friend is doing this!' or 'My friend went to business school!' or 'My friend opened a food truck—I want to open a food truck!' Then I thought, 'I can't cook, I'm a shitty driver—why do I want to open a food truck?' Mostly because it looks cool in a photo."

But Poswolsky believes that these can be teachable moments, helping us unlock our key desires and aid in setting short- and long-term goals. "I think the first thought will always be 'I want to do something different—let me see what my friends are doing,' but the key is moving beyond FOMO [fear of missing out]. I started to realize that comparing myself to others was a waste of time. It only made the situation worse because I became stressed and jealous of all my friends' accomplishments. Instead, I changed my mindset to focus on what I cared about."

"It's a deceivingly simple question—and one I've found most people can't answer. What do you really want in your life? And are you on the path towards what you really want?"
– Oprah Winfrey

He began by asking himself four key questions that have become part of his manifesto: What am I interested in? What are my unique gifts? What are the social issues I am passionate about? How do I want to impact others?

While Poswolsky believes that social media can stop people from going after their dreams, he also thinks it's a good place to start if you need help answering these questions. The first step is to recognize your own patterns. For instance, if your feed is mostly filled with people who travel the world, start thinking about how to introduce adventure into your day-to-day life. Or if you're following a lot of creative types, think about how you can be more creative on a daily basis. Then commit to weekly, monthly and six-month goals that will "get you closer to a job you actually want or a project you want to complete."

Once you have your goals in place, your social accounts may come in handy again. "Start following people on Twitter and LinkedIn and see what types of articles they post," says Poswolsky. "Look at their photos to learn more about how they create and share their work. Comment and ask questions about their content. Engaging with people on social media is a great way to reach out to someone who might be a potential mentor or offer career advice."

So what lies beyond FOMO? For Poswolsky, it's JOMO. "It means 'joy of missing out,'" he says. "I like it because I think it's more about the joy of self-awareness or self-love—that is, truly understanding yourself, your motivations and your goals. Then you can spend time working on projects you truly care about, projects that make you come alive."

ALIYAH SHAMSHER

IMAGES COURTESY INSTAGRAM; OPPOSITE PAGE: "HOW TO...EXPAND YOUR HORIZONS" COMPILED BY CHRISTINA REYNOLDS; "READING ROOM" BY SARAH LAING; GEOFFREY ROSS (LUGGAGE TAG, BAGS, SUITCASE, BATHING SUIT & MICHELANGELO'S *DAVID*); GETTY IMAGES (CACTUS); ISTOCK (SOMBRERO)

HOW TO...EXPAND YOUR HORIZONS



4

PLACES TO DISCOVER

CENTRAL EUROPE Swap London for culture-filled Vienna, Budapest or Prague. **INDONESIA** Go beyond Bali to Raja Ampat, one of the world's best diving areas. **GREENLAND** Book a stopover on your way to Europe and take in all the iceberg-spotting opportunities. **URUGUAY** The village of Jose Ignacio is "The Hamptons of South America" and the hottest spot to hang out and be seen in.



3

ITALIAN ALTERNATIVES TO ROME

PUGLIA Think Tuscany 40 years ago. Take day trips to little towns in the hills and try some cooking classes. **CINQUE TERRE** Live *la vita bella* in five small picturesque fishing villages that are all within hiking distance of one another. **LAKE COUNTRY** While Lake Como was made famous by George Clooney, the nearby Lake Maggiore is also beautiful.

2

UNEXPECTED MEXICAN ADVENTURES

HIT THE HACIENDAS Book a series of stays at historical haciendas around Mexico. **EXPLORE THE BAJA OF CALIFORNIA** See all the wildlife (frigate birds, sea-lion pups) from a small expedition ship.

1

ULTIMATE CANADIAN EXPERIENCE

A B.C. SAFARI Stay in a luxury tent at Clayoquot Wilderness Resort and heli-hike and heli-paddleboard remote mountaintops and lakes.

THE EXPERTS **Five top Canadian travel advisers helped with our picks—and shared their own dream destinations:** Stephanie Anevich, executive vice-president, Vision Travel, Toronto: "South Africa. I'm heading to Cape Town, La Residence in Franschhoek and Sabi Sands Game Reserve." Wendy Davis, CEO, president and luxury-travel concierge, Zebrano Travel, Toronto: "Laucala Island, Fiji. It's magical." Louise de Grandpré, senior vice-president, Merit Travel Group, Toronto: "India. I have never been, and I love their food." Denell Falk, president, Civilized Adventures, Calgary: "French Polynesia, by luxury small ship." David Lowy, president, Renshaw Travel Ltd., Vancouver: "Laucala Island. It's like Fantasy Island without Mr. Roarke."



5 COUNTRIES CANADIANS ARE VISITING IN 2016

According to travel bookings tracked by Virtuoso (an upscale network of 375 global travel agencies), the hottest destinations for Canadians in the first half of 2016 are:

1. Chile
2. Italy
3. The Netherlands
4. Australia
5. France

READING ROOM

Three inspirational reads to get your thoughts heading in their boldest, biggest direction.



***Gratitude* by Oliver Sacks**
Joyous meditations on a life well lived written by this world-renowned physician in the months before his death.



***Presence* by Amy Cuddy**
A scientific approach to beating fear and anxiety (body language matters, people) from a TED guru.



***I Know What I'm Doing (And Other Lies I Tell Myself)* by Jen Kirkman**
Hilarious tales of a "life under construction" for those days when you realize you have no idea how to be a grown-up. (P.S. Nobody does.) ▷

HOW TO...BUILD YOUR DREAM BEAUTY KIT



These elegant handcrafted brushes make blending, contouring and lining a luxury experience. Chanel Les Pinceaux de Chanel Large Eyeshadow Brush #25 ($60), Foundation Brush #6 ($55) and Angled Powder Brush #2 ($70)



Every woman needs a glam, gorgeous lipstick to take her outfit to the next level. YSL Beauté Rouge Pur Couture Kiss & Love Collectors Lipstick in Le Fuchsia ($36)



Getting ready in the morning is a lot easier when everything is organized in one kitschy case. Maison Kitsuné for Shu Uemura Curious Eye-Catching Premium Makeup Box ($450)

The ultimate lightweight full-coverage foundation. Laneige BB Cushion in Medium Dark ($44)





This ergonomically shaped eyeliner makes the perfect cat eye possible, even before coffee. NYX Cosmetics The Curve Felt Tip Liner in Jet Black ($17)

One palette with five luxe, flattering shades. Dior State of Gold 5 Couleurs Limited-Edition Eyeshadow Palette in Blazing Gold ($70)





This iconic shade is the must-wear colour of the season. Chanel Le Vernis Nail Colour in Rouge Noir ($31)

Call on this ultra-fluid foundation when you need to be camera-ready—i.e., all the time. M.A.C Cosmetics Studio Waterweight SPF 30 Foundation in NW13 ($39.50)



Consider this botanical- and ginseng-rich serum the fix for late nights. Erborian Korean Skin Therapy Elixir au Ginseng Youth Micellar Emulsion Essence ($96)





Finally, a hairbrush that matches your (high) expectations. Balmain Paris Hair Couture Limited-Edition Luxurious Golden Spa Brush Set ($278). For details, see Shopping Guide.

"HOW TO...BUILD YOUR DREAM BEAUTY BAG" BY VANESSA CRAFT; GEOFFREY ROSS (PRODUCTS); IMAXTREE (EYE, HAND & LIPS); COLLAGE BY REGINALD LEUNG.
OPPOSITE PAGE: "HOW TO...DRESS FOR YOUR DREAMS" BY ELAINE JYLL REGIO; "HOW TO...READ THE STARS" BY SARAH LAING; GEOFFREY ROSS (STARS)

HOW TO...DRESS FOR YOUR DREAMS



IF YOU WANT TO BE MORE CREATIVE... Why not try to be the source of inspiration? Rock a fun illustrated jacket that radiates creative vibes. Cotton bomber, Mira Mikati ($2,002, at farfetch.com)



IF YOU'VE DECIDED TO PRIORITIZE YOUR RELATIONSHIPS... Feeling overwhelmed by all your alerts and updates? Filter the spam with this Rebecca Minkoff bracelet–it uploads 25 of your closest contacts and lets you know when they've called or texted. Notification Bracelet, Rebecca Minkoff ($160, rebeccaminkoff.com)



IF YOU'RE GOING AFTER SUCCESS... Forget the power suit–set your sights on a timeless purse. One with loads of personality and a bold colour will help you stand out. Leather bag, Hugo Boss ($1,990, hugoboss.com)



IF YOU'RE LOOKING TO GET ACTIVE... Make the sidewalk your catwalk with runners that are sure to turn heads. Metallic textile sneakers, Dolce & Gabbana ($825, at ssense.com)



"All our dreams can come true, if we have the courage to pursue them." **– Walt Disney**

IF YOU'RE TRYING TO SIMPLIFY YOUR LIFE... Take a cue from Mark Zuckerberg and make this twofer look–a classic button-up shirt and V-neck combo–your go-to on a weekly basis to take the thinking out of dressing on those busy days. Cotton-jersey top, Kolor ($365, at matchesfashion.com)



HOW TO...READ THE STARS

Whether you swear by your daily horoscope or you're firmly on Team Skeptic, our chat with the hugely popular sister astrologers the AstroTwins might shed some light on destiny, the meaning of life and other minor questions about the universe.

If my horoscope says I'm going to be a dentist but my dream is to be a circus performer, am I locked into a destiny I didn't choose? "It's important to remember that astrology is an interpretive science, not an exact one. It's not so much that you should be a dentist or a circus performer–that choice is yours. But your sign (and your whole chart–a map of all the planets at your time of birth) can dictate what kind of a dentist or circus performer you'll be. For example, a beauty-oriented Libra might focus on cosmetic dentistry, while a by-the-books Capricorn dentist would be the one you'd go to for a root canal."

If I'm mapping out my plans for my "dream life," what role can consulting the stars play in that planning? "Most people know their Sun sign, which is what you read in newspapers and magazines. But the birth chart is a map of all the planets, plus the Moon and Sun, at your exact minute of birth. This is super-specific–so much so that we, as twins (born four minutes apart), have slightly different charts. Your Moon sign directs your emotional desires, Saturn shows what you'll work hard for, while the North Node of the Moon is your destiny point, revealing what might light you up in this lifetime. Seeing the full cosmic picture is so illuminating."

How can astrology play a role in living my "best life"? "No one is perfect; in fact, we think we are all here on earth to evolve and learn. All change starts with awareness. We have to notice what's working and what might be tripping us up. Astrology can provide the short code to that." ▷

WHAT YOUR BIG DREAM SHOULD BE, ACCORDING TO YOUR SIGN

Aries Individual greatness and achievement. **Taurus** Secure home and finances. **Gemini** Adventure and an exciting social network. **Cancer** A beautiful home and trusted friends. **Leo** Leadership and public accomplishment. **Virgo** Sacred connections and the best of everything. **Libra** Beauty, harmony and loving relationships. **Scorpio** Intense connections, loyal love and money. **Sagittarius** Travel, adventure and to always be learning. **Capricorn** High achievements and financial success. **Aquarius** Otherworldly experiences and world peace. **Pisces** Poetry, romance and spiritual connections.



HOW TO...FIND YOUR HAPPY

I'm bouncing around the light-filled atrium of the Art Gallery of Ontario like a toddler after a chocolate-chip-cookie binge. Then, smiling ear to ear, I give a roomful of strangers two thumbs up à la photographer Terry Richardson. Finally, I emit a deep-throated laugh that I hope sounds something close to Santa Claus' merry giggle (and not a deranged elf). This is laughter yoga—and I don't belong here.

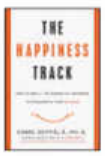
While my default setting may be more Eeyore than Tigger, I signed up for the class as part of an ongoing quest to find more joy in every day. It's a promise I made to myself when I went off antidepressants in August 2014 with the support of my doctor. My time on medication was invaluable—not only did I feel less trapped in my head but I also learned the importance of routine, exercise and meditation. But I still wasn't any happier. The next step seemed clear: I needed to teach myself to truly enjoy life instead of just existing.

Even world-weary misanthropes need baby steps. So first up was smiling. Regularly. I'd watched the Hidden Power of Smiling TED Talk, which revealed how frequent grinning has been linked to longer life, reduced stress and a healthier immune system. I forced my lips to curl upward while walking my dog, and I beamed through dinner with my family even when the topic turned to the grim state of international politics.

Often, I felt like a fraud. Sure, my lips were lifted, but internally I felt like a grimacing emoji or a twisted Disney villain. And that's okay, according to experts. In 2012, University of Kansas researchers found that just mimicking the action of a smile can make you feel less stressed. Lisa Cypers Kamen, an L.A.-based applied positive psychology coach, uses the method with her patients. During treatment, she asks them to put a pen in their mouth to physically force a grin. "We used to believe that if we think happy thoughts, we're going to be happier—but emotions follow our actions," says Kamen. Laughter has the same benefits and will release happiness-making endorphins regardless of whether your mirth is courtesy of a killer Amy Schumer sketch or a forced chuckle at your boss' lame joke.

Cue the laughter yoga class and me practising my ho ho hos. While at first this public outburst made me want to turtle, I was soon able to tap into a unique joy just for the sake of it—joy I hadn't felt since I was a child. And that's the point. "Adults laugh with their minds," my laugh instructor Sue Bhanot told me. "When someone tells a joke, you process it quickly and then you decide if you're going to laugh or not. Children laugh with their bodies. We forget how to do that as we get older." When you do laugh like that, "you produce serotonin, which will give you a happy boost," adds Thomas Flindt, a laughter guru and the author of *Happy Lemons*.

After a couple of months, I can both see and feel a difference. These days, my resting face is more smiley than sourpuss, and every time I leave the house, I shoot myself a grin in the mirror. It instantly gives me a non-caffeinated jolt of positivity. I've also found myself connecting with strangers. Most of the time they look at me with confusion, but every so often, I get a warm smile back. While all this happiness homework hasn't catapulted my spirit to Oprah levels of joy, I do feel like I've come a long way from slogging through the days just to get them done. It's the difference between showing up and showing up with a purpose. Life feels lighter, and so does the future. **ELIANNA LEV**



Find out more with *The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success* by Emma Seppälä.

IMAXTREE (LIPS). OPPOSITE PAGE: GEOFFREY ROSS (COLLAGE); GETTY IMAGES (A. JACOBSON, I. GLAZER, T. FEY, A. POEHLER & H. LANCER); IMAXTREE (R. SIMONS & S. MCCARTNEY); INSTAGRAM/ALASTAIRMCKIMMSTYLIST (A. MCKIMM); COLLAGE BY REGINALD LEUNG





MOST-WANTED CELEBRITY GAL-PAL GANG
From left: Funny girls Abbi Jacobson, Ilana Glazer, Mindy Kaling, Amy Schumer, Tina Fey, Melissa McCarthy and Amy Poehler

BEAUTY DREAM TEAM
From left: Colourist Harry Josh, dermatologist Harold Lancer, makeup artist Gucci Westman, brow guru Kristie Streicher and hairstylist Mark P (of the Marc Anthony salon in Toronto)



HOW TO... BUILD YOUR COLLECTIVE

Entrepreneur Scott Heiferman founded Meetup in 2002 in the wake of 9/11. Heiferman had noticed that people's attitudes and interactions had begun to change. "People were looking after each other, helping each other and meeting up with each other in the wake of the tragedy. From there, Meetup was born, and it continually asks the question 'Could we use the Internet to get off the Internet and grow local communities in the process?'" says Kristin Hodgson, communications director for Meetup. "It's all about the power of 'we'—we're better when we're together. Having others who are currently in a similar situation (or have been before) fosters a wonderful community of support." Meetup now has over 23 million members in 180 countries. Here, Hodgson breaks down how to build a thriving community of your own.

1. Get informed. "Attend community events that you're interested in and start asking organizers how they've built their tribes."

2. Gather people around you. "Organize meet-ups of your own with like-minded people and promote your gatherings or events on social media."

3. Encourage participation. "Find people who seem particularly active in your chosen career or passion and invite them to join your newly forming group. Make sure everyone can invite their friends as well."

4. Stay engaged. "Cultivate your newly formed community by staying in touch with everyone on the regular. Create a group on social media where your collective can post photos, give updates, ask questions and motivate each other."

"Community not only builds business but it also creates passion and keeps you motivated. It gives you the energy to make it happen for yourself and for those around you."
– Miki Agrawal, entrepreneur and author of *Do Cool Sh*t*



FASHION SUPERSTARS
From left: Stylist Karl Templer, designer Raf Simons, designer Anthony Vaccarello, stylist Alastair McKimm, designer Stella McCartney and photographer Guy Bourdin



HAPPINESS IS...

Monica Heisey's fantasy New Year's Eve.

Five! Four! Three! Two! One! DING DING DINGGGGGGG...

The washing machine goes off—my sheets are done. In a robe and slippers I stole from a fancy hotel, I pad across my empty apartment to retrieve them and start the dryer. It's going to feel so good getting into bed with those warmed-up sheets on this cold December 31. The clock reads 9:30 p.m.

Hours earlier, I'd texted my friends: "I don't think I'm coming out tonight. In fact, I have already donated my big NYE outfit to a charity that provides sequined minidresses to women in need." The replies came back instantly: "Fine with me!" "I love you and I support your choice to take some time for yourself, especially during the busy holiday season!" "We'll miss you, but I'm not saying that to make you feel guilty or

FOLIO-ID



pressure you into coming out. It's important to listen to your body and understand your own needs. Your absence will be noted but not resented, and we promise not to post too many photos on Instagram where we look happy without you!!"

After a day spent not waiting in line for upwards of 40 minutes at the liquor store, I am also not worrying about which bars have a lineup. Surge pricing on Uber is a distant memory from last year's celebrations. Today, I'm drawing a bath. I pour lavender oil and Epsom salts into the tub, leaving the bathroom door open because my roommates have already left. My cat wanders in. "I appreciate the work you put into caring for me, and I view us as friends," she says in English. I scratch her head and get in the bath, which is the perfect temperature.

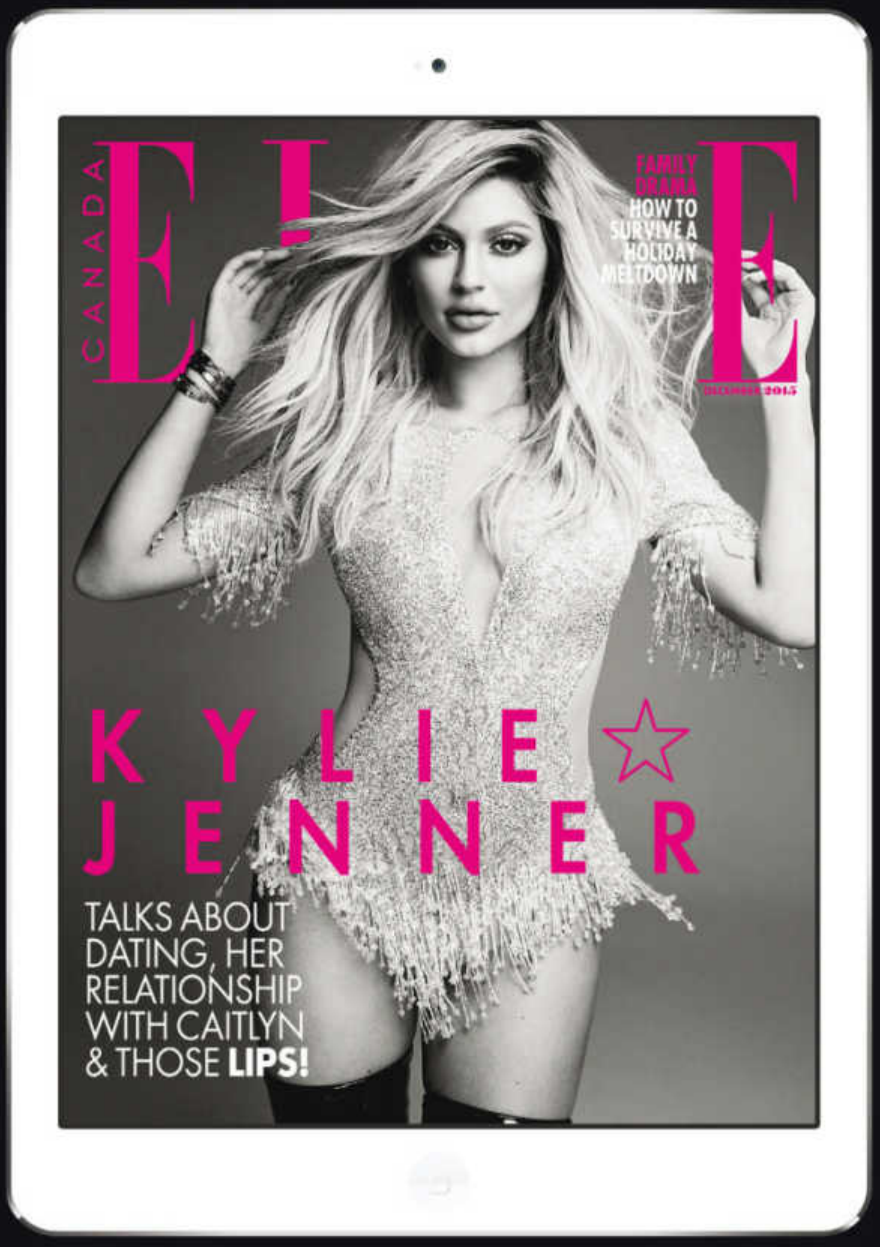
I read in the bath for an hour or more; the pages of the book remain as unwrinkled as my fingers. Outside, I can faintly hear women complaining about their shoes and men yelling at their friends to just forget it, they've lost their coats and they wouldn't be able to find them even if they could get back into the party. "Your Canada Goose is gone now, Kyle. It's gone." I spend absolutely no time making small talk with drunk people, abiding the company of terrible men because they happen to be standing near the party's snack table, or squatting above a urine-dappled toilet that turns out to be completely clogged. And I don't have to listen to people making awkward jokes about kissing at midnight.

"I don't think I'm coming out tonight. In fact, I have already donated my big NYE outfit to a charity that provides sequined minidresses to women in need."

After the bath, my skin is impossibly smooth; my legs are still hairy, yet I don't spend even a second worrying about whether or not that's sexy. I apply a facial mask and drink some water, which comes out of the tap tasting like a spa—the city, in response to my frequent letters, recently replaced the last few inches of pipe with a hollowed-out cucumber. I eat a light, healthy snack, which is satisfying and does not leave me craving sodium. I wash my mask off, and my eyebrows fill themselves in before my eyes, perfectly framing my dewy face.

When I walk into the bedroom, I see that my sheets have been moved from the dryer to the bed. My cat's face pops up from a corner of the duvet. "I view you as a larger cat who has my utmost respect," she says, winking as she tucks in the last corner of the top sheet. The bed is perfectly made. As the countdown begins, my phone rings. "Hope I didn't wake you," says my best friend, Helen Mirren. "I just wanted to remind you to visit soon—oh, and Happy New Year." □

SWIPE THIS MAGAZINE!



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WISH YOU WERE HERE

There's no stopping Canadian model Kate Bock. Here, the 2013 Sports Illustrated Swimsuit Rookie of the Year tells us what it's like living the dream.

Where do you want to escape to this winter? "I'm crossing my fingers and hoping I end up in Tahiti! I've never been and would love to stay in one of those glass-bottom rooms where you can see the fish under your feet." ***What's your beach-bag beauty must-have?*** "So much sunscreen. No one looks cute with a burn!" ***What song is on your I-can-conquer-the-world playlist?*** "Katy Perry's 'Roar.'" ***Who inspires you?*** "Heidi Klum. She started out like any girl and has become a superstar and businesswoman while having a family." ***What's the biggest challenge you've faced?*** "This career wasn't easy at the beginning. I was alone and far away from home and had to find my way around foreign cities. It was hard, but I always wanted to be where I am now, and I found a way to get here." ***What's one of your biggest dreams?*** "I think I honestly dreamed of the life I'm now living. I'm going to continue to work hard, and I can't wait to see what the future holds." ***What's your best advice for staying motivated?*** "Everyone is going to hit road bumps and have hard days. Stay inspired by keeping in mind what you want most. Don't lose faith because of what's happening right now."



TEXT AS TOLD TO ALIZA VIRANI; MAX ABADIAN; SILK-ORGANZA GOWN (GUCCI); COTTON AND NYLON CROCHETED BIKINI TOP (TORY BURCH); HORSE-HAIR CHOKER (LAB BY LAURA BUSONY); COTTON AND BRASS-BEAD CHOKER AND BRASS BALL-CHAIN CHOKER (DOLOROUS); COTTON, PEARL AND 18-KARAT-GOLD-PLATED-METAL NECKLACE AND BAKELITE AND LEATHER NECKLACE (AURELIE BIDERMANN); LEATHER BRAIDED WRAP AND LEATHER FRINGE WRAP (LENNY & EVA) AND BRASS MULTI-CHAIN NECKLACE (WINNERS)

DREAM WEAVER

A tropical take on Western-infused pieces brings this boho fantasy to life.

Fashion direction by Juliana Schiavinatto Photographs by Max Abadian Art direction by Brittany Eccles



Rayon and polyester bodysuit and skirt (Missoni), mink and chainette-fringe necklace and shell and ostrich-feather bracelet with gold-plated chain (Haus of Topper), horse-hair choker and brass bangle (LAB by Laura Busony), oxidized-brass and cotton necklace, lariat, bangle and earrings (Geography 541), cotton and brass-bead choker, brass ball-chain choker and brass and lava-rock bracelet (Dolorous), cotton, pearl and 18-karat-gold-plated-metal necklace and Bakelite, cotton and leather necklace (Aurélie Bidermann), leather braided wrap bracelet and leather fringe wrap bracelet worn as chokers (Lenny & Eva), brass multi-chain necklace, gold-tone-metal cuffs, silver and turquoise ring, brass signet ring, gold-plated-metal and turquoise ring and gold-plated midi ring (Winners), oxidized-brass cuffs (Biko), 14-karat-gold-plated-brass and mood-stone bracelet (Jenny Bird), cotton bandana worn on wrist (stylist's own) and gold Cartier bracelet (model's own, worn throughout)





Crocheted cotton monokini (Anna Kosturova), cotton and viscose twill pants (Rebecca Taylor), 14-karat-gold-plated-brass earrings and 14-karat-gold-plated-brass and mood-stone bracelet (Jenny Bird), horse-hair choker and brass bangle (LAB by Laura Busony), cotton and brass-bead choker, brass ball-chain choker and brass and lava-rock bracelet (Dolorous), Bakelite and leather necklace (Aurélie Bidermann), leather braided wrap bracelet and leather fringe wrap bracelet worn as chokers (Lenny & Eva), brass multi-chain necklace, gold-tone-metal cuffs, silver and turquoise ring, brass signet ring, gold-plated-metal and turquoise ring and gold-plated midi ring (Winners), oxidized-brass cuffs (Biko) and straw hat (Charlie 1 Horse, at Bootmaster)



Rayon and nylon bodysuit and rayon and nylon leggings (Ohne Titel), cotton cardigan (Stella McCartney), labradorite pendant necklace (Rachel Mulherin), leather braided wrap bracelet worn as a choker (Lenny & Eva), brass and agate necklace (Kate Hewko), brass and cast-shark-tooth necklace (Mary Gallagher) and leather heels (Tory Burch)



Tweed-knit dress (Dior), nylon and spandex swim top worn under dress (MIKOH), wool-felt hat (Bailey, at Bootmaster), raffia, resin and brass necklace (Tory Burch), horse-hair choker and brass bangle (LAB by Laura Busony), oxidized-brass and cotton bangle (Geography 541), cotton and brass-bead choker, brass ball-chain choker and brass and lava-rock bracelet (Dolorous), cotton, pearl and 18-karat-gold-plated-metal necklace (Aurélie Bidermann), leather braided wrap bracelet worn as a choker (Lenny & Eva), oxidized-brass cuffs (Biko), gold-tone-metal cuffs and silver and turquoise ring (Winners), 14-karat-gold-plated-brass and mood-stone bracelet (Jenny Bird) and leather boots (Old Gringo, at Bootmaster)



Crocheted cotton and Lycra bathing suit (She Made Me), cotton and spandex denim shorts (Guess), brass bangle (LAB by Laura Busony), gold-tone-metal cuffs, silver and turquoise ring, brass signet ring, gold-plated-metal and turquoise ring and gold-plated midi ring (Winners), oxidized-brass cuffs (Biko), 14-karat-gold-plated-brass and mood-stone bracelet (Jenny Bird) and brass and lava-rock bracelet (Dolorous)



Cotton top (Thakoon), crocheted cotton shorts (Anna Kosturova), cotton and spandex denim culottes (Guess), 14-karat-gold-plated-brass earrings and 14-karat-gold-plated-brass and mood-stone bracelet (Jenny Bird), horse-hair choker and brass bangle (LAB by Laura Busony), cotton and brass-bead choker and brass ball-chain choker (Dolorous), Bakelite and leather necklace (Aurélie Bidermann), leather fringe wrap bracelet worn as a choker (Lenny & Eva), labradorite pendant necklace (Rachel Mulherin), silver and turquoise ring, brass signet ring, gold-plated-metal and turquoise ring, gold-plated midi ring and gold-tone-metal cuffs (Winners), oxidized-brass cuffs (Biko) and leather boots (Old Gringo, at Bootmaster)



Jersey bodysuit and mesh jacket (Chanel), labradorite pendant necklace (Rachel Mulherin), shell, pearl, ostrich-feather and gold-plated-metal long necklace and wood and tassel chandelier earrings (Haus of Topper), 18-karat-gold-plated-metal and Bakelite necklace (Aurélie Bidermann), leather braided wrap bracelet worn as a choker (Lenny & Eva) and cotton and brass-bead choker (Dolorous)



Cotton and acrylic cardigan and suede boots (Marshalls), cotton monokini and cotton and acrylic necklace (Tommy Hilfiger), oxidized-brass and cotton tassel necklace (Geography 541), leather braided wrap bracelet worn as a choker (Lenny & Eva), straw hat (Charlie 1 Horse, at Bootmaster) and gold rings (model's own)



Silk top (Rebecca Taylor), silk foulard (Versace), horse-hair choker (LAB by Laura Busony), cotton and brass-bead choker and brass ball-chain choker (Dolorous), oxidized-brass and cotton necklace, oxidized-brass and cotton tassel lariat and oxidized-brass and cotton tassel drop earrings (Geography 541), cotton, pearl and 18-karat-gold-plated-metal necklace and Bakelite and leather necklace (Aurélie Bidermann), leather braided wrap bracelet and leather fringe wrap bracelet worn as chokers (Lenny & Eva), labradorite pendant necklace (Rachel Mulherin) and brass multi-chain necklace (Winners)





Wool poncho (3.1 Phillip Lim), crocheted cotton and Lycra bikini bottoms (She Made Me), faux-leather belt worn as a necklace (H&M), horse-hair choker (LAB by Laura Busony), cotton and brass-bead choker and brass ball-chain choker (Dolorous), oxidized-brass cuffs (Biko), gold-tone-metal cuffs (Winners) and leather boots (Corral, at Bootmaster)



Flax and cotton blouse (Ulla Johnson, at Barneys New York), crocheted cotton pants (Anna Kosturova), leather belt (Brave Leather), felt hat, gold-tone-metal cuffs and gold-plated-metal and turquoise ring (Winners), horse-hair choker and brass bangle (LAB by Laura Busony), cotton and brass-bead choker (Dolorous), labradorite pendant necklace (Rachel Mulherin), shell, pearl, ostrich-feather and gold-plated-metal bracelet (tied on shirt) (Haus of Topper), leather braided wrap bracelet and leather fringe wrap bracelet worn as chokers (Lenny & Eva) and oxidized-brass cuffs (Biko). For details, see Shopping Guide. Model, Kate Bock (Sutherland Models); hair & makeup, Susana Hong (P1M.ca/Chanel); fashion assistant, Cherry Wang. ***Shot on location at Grand Velas Riviera Maya Resort in Mexico (rivieramaya.grandvelas.com). With thanks to Booking.com.***

Aveeno
ACTIVE NATURALS
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Keep your attitude positive and your skin positively radiant.

AVEENO® POSITIVELY RADIANT® face moisturizer has an ACTIVE NATURALS® soy formula to instantly reduce the look of brown spots. And to conceal dark circles while improving your skin's tone and appearance throughout the day, try new AVEENO® CC Eye Cream.

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ELLE BEAUTY

YOUR NEED-TO-KNOW COUNTERCULTURE GUIDE





Quo Skin Master Fluid Foundation in 2 ($28); Rimmel London Magnif'Eyes Mono Eyeshadow in Gold Record ($6); L'Oréal Professionnel Hollywood Waves Spiral Queen Nourishing Mousse ($23); THEFACESHOP Ink Lipquid in Red Sing ($25). For details, see Shopping Guide.





EDITOR'S POV January always seems to be an exercise in restriction. Why can't we live with our hedonism dial set to high all the time? Turn to page 80 to discover some of the world's most luxurious spas (including a place in Abu Dhabi where you can have a sheet of 24-karat gold massaged into your skin during a very special facial). Leave restraint for another time and start 2016 by unapologetically going for gold.

VANESSA CRAFT

IMAXTREE (MODEL); GEOFFREY ROSS (PRODUCTS)



RALPH LAUREN



COLD-FX Summer may feel like a distant memory, but skin damage from all those patio dates hasn't been forgotten. "Light reflecting off skin is what makes people look younger," says Dr. Julia Carroll of Compass Dermatology in Toronto, who explains that wrinkles and pigmentation hinder light's ability to bounce off your face. Now is the season to repair. Derm treatments such as peels and lasering require that you limit sun exposure to avoid pigment change—easy to do when it's dark by 5 p.m. Look for brightening products with kojic acid, vitamin C, glycolic acid or Retin-A. Try: THEFACESHOP BlanClouding White Moisture Cream ($40); Intraceuticals Opulence Moisture Brightening Cream ($108); Nuxe Splendieuse Intensive Anti-Dark Spot Serum ($55).

LATEST & GREATEST

BEAUTY BUZZ

This month's new and noteworthy must-haves.



ELLE ♥ LOVES

Winter is a hair bully. Your protector against dry strands and static comes in the form of reparative quartz and a silicone-polymer and apricot-kernel-oil combination. And it's all wrapped up in a pretty pink package. (Osis+ Soft Glam Prime Prep Spray and Smooth Polish Elixir, $21 each, out in January)



FRESH TO DEATH Joe Fresh is expanding its makeup range to include 14 new products for cheeks, eyes, lips and skin. Here's what we'll be cramming into our makeup bags. **1.** The ergonomic, easy-to-hold (while meticulously drawing—and redrawing—the perfect cat eye) Precision Liquid Eyeliner ($8). **2.** The full-coverage Joe Fresh Long Wear Spot Concealer ($10). **3.** The part sheer lipstick, part moisturizing lip balm Long Wear Lip Veil in Rose ($10). **4.** The answer to a non-greasy glow for oily skin types: Highlighter Powder in Champagne ($6). For details, see Shopping Guide.

THIS MONTH'S "CAN'T LIVE WITHOUT" LIST



Vanessa Craft, beauty director

"Without a high-performance face mask, I'm nothing. This one creates champagne-like bubbles on places where skin needs the most repair—a must for that pre-party glow before a night out with the real stuff (vintage Krug, obvi)." Radical Skincare Instant Revitalizing Mask ($69)



Carli Whitwell, health & beauty editor

"My brows will never be like Cara's, and I'm glad. (I'm a '90s teen whose thick caterpillars caused me dismay until my mom finally let me wax them.) I do, however, like to pump up my well-groomed arches with this easy-to-brush-on gel." Benefit Gimme Brow Volumizing Fiber Gel in Medium/Deep ($30)



Victoria DiPlacido, assistant beauty editor

"I don't like loud daytime makeup, but I don't want to look like I just rolled out of bed either. Just a sweep of this creamy (and, most important, glitter-free) highlighter on my cheekbones makes me look polished but still vibes with the rest of my understated look." RMS Beauty Living Luminizer ($42).

TEXT BY VANESSA CRAFT, VICTORIA DIPLACIDO & CARLI WHITWELL; GEOFFREY ROSS (PRODUCTS); IMAXTREE (MODEL)



EDITORS' PICKS

LUST LIST

What we're coveting this month.

LIGHTS, PLEASE
Is sparkle a neutral? We're going to go with "yes." Dior Addict Gloss in Sparkle ($33). For details, see Shopping Guide.

A TWIRL THING This curling iron is equipped with a removable barrel so you can swap defined princess curls for loose waves as you see fit. T3 Whirl Convertible Styling Wand ($235; prices vary for additional barrels)

BEGIN AGAIN Oily skin doesn't quit just because it's winter. When swiped across your T-zone, this powder ensures you'll find shine only where it belongs (like on your lips or your ring finger). H&M True Matte Finishing Powder in Warm Beige ($13)

BLANK SPACE
This peach-hued matte-finish shadow is the perfect accompaniment to, well, pretty much everything. Lise Watier Ombre Velours Suprême in Pêche Velours ($25)

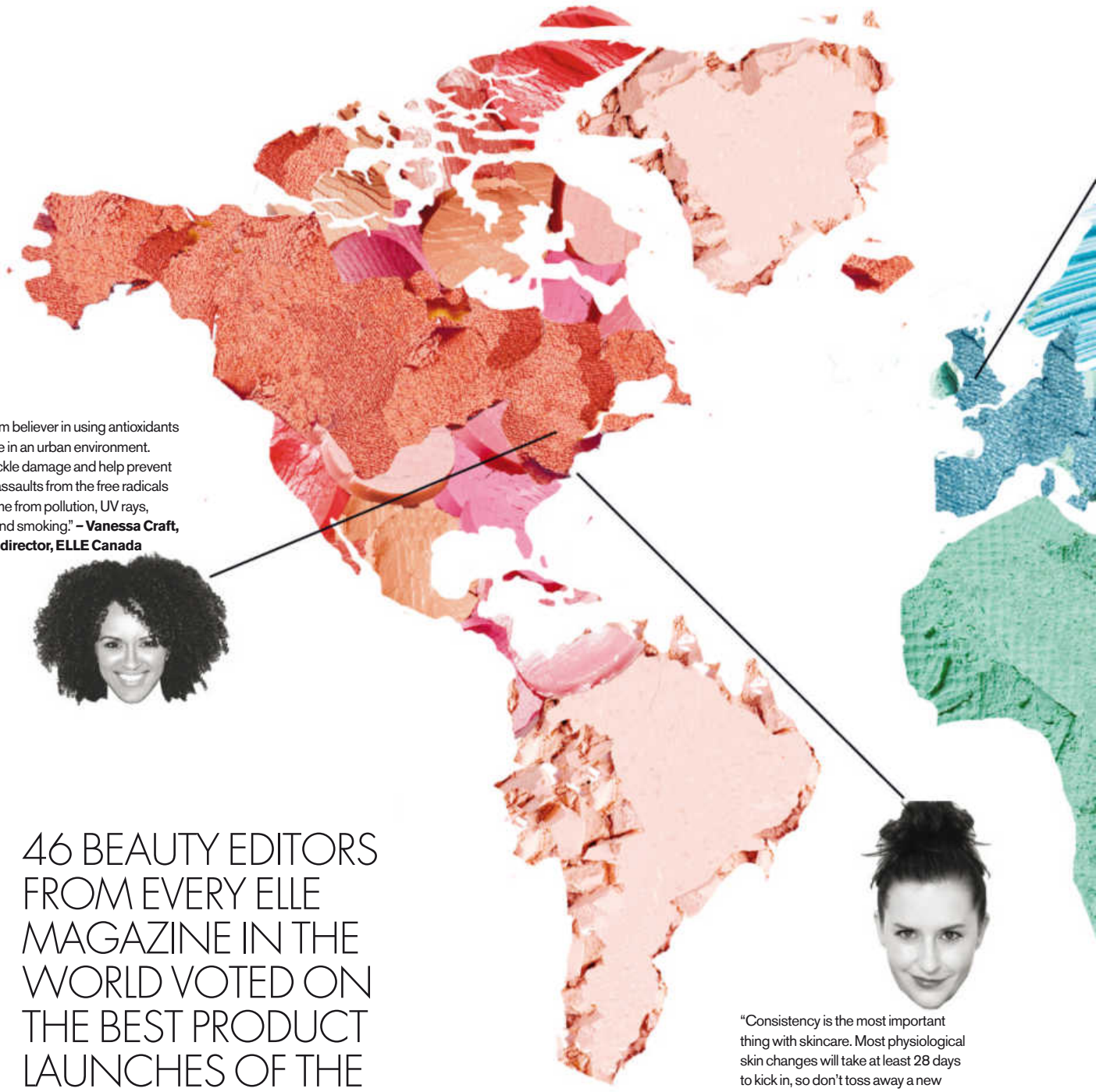
NUIT BLANCHE
This designer's latest scent is a musky blend of mandarin, jasmine, sandalwood and Turkish rose. Donna Karan Liquid Cashmere White Eau de Parfum Spray ($125 for 100 mL)

BASE CAMP
Good news for the over-scheduled among us: This polish includes a base coat, so there's no need for extra nail prep. Revlon ColorStay Gel Envy Nail Enamel in Perfect Pair ($8.39)

SPACE CASE
With 10 eyeshadows, two cream foundations and a setting powder, this luxe palette is your best bet for squeezing makeup into your tiny clutch. Giorgio Armani The Hollywood Palette ($160)

NEVER NUDE
When you don't want to go bare but the occasion calls for a pared-down lip look, may we suggest this creamy neutral hue? Paul & Joe Beauté Lipstick Case ($7) and Lipstick (Refill) in French Toffee ($20)

TEXT BY VICTORIA DIPLACIDO; GEOFFREY ROSS



"I'm a firm believer in using antioxidants if you live in an urban environment. They tackle damage and help prevent further assaults from the free radicals that come from pollution, UV rays, stress and smoking." **– Vanessa Craft, beauty director, ELLE Canada**

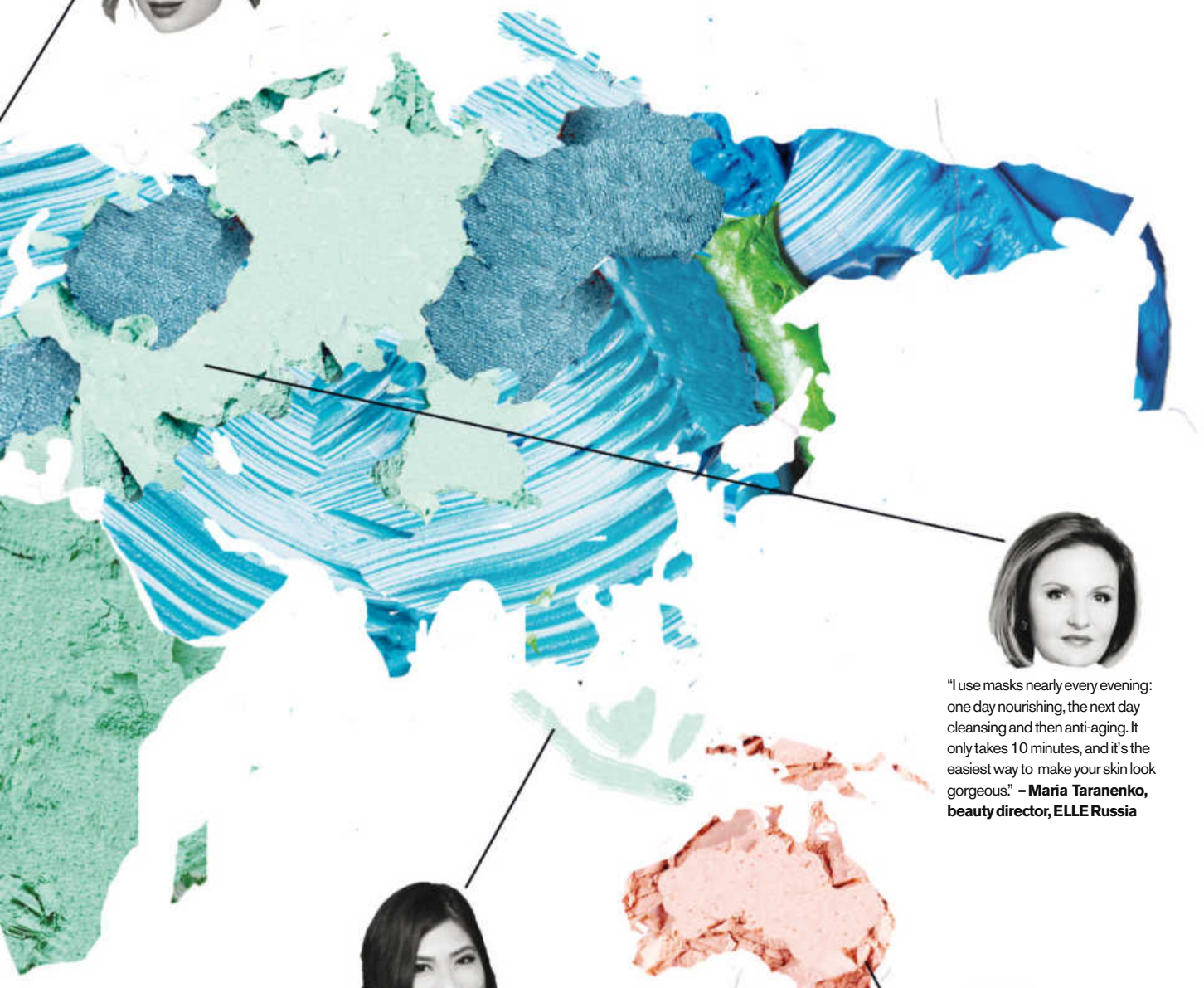
"Consistency is the most important thing with skincare. Most physiological skin changes will take at least 28 days to kick in, so don't toss away a new lotion just because you don't see results immediately." **– Emily Dougherty, beauty director, ELLE US**

46 BEAUTY EDITORS FROM EVERY ELLE MAGAZINE IN THE WORLD VOTED ON THE BEST PRODUCT LAUNCHES OF THE YEAR. (THAT'S KIND OF A BIG DEAL.) HERE ARE THE 14 WINNERS.

ELLE INTERNATIONA



"My top tip for wearing mascara is to layer it: one coat for a natural look, two for drama, three for statement." **– Sophie Beresiner, beauty director, ELLE UK**



"I use masks nearly every evening: one day nourishing, the next day cleansing and then anti-aging. It only takes 10 minutes, and it's the easiest way to make your skin look gorgeous." **– Maria Taranenko, beauty director, ELLE Russia**



"Reapplication is the key to ensuring the efficacy of any suncare product. Also, consider the area you are currently in: Different parts of the world have different UV levels that, in turn, require varied levels of protection." **– Zai Tengku, beauty editor, ELLE Malaysia**

"To make bright lip shades pop, blend a touch of concealer on lips first to neutralize natural tones." **– Janna O'Toole, beauty and fitness director, ELLE Australia**



AL BEAUTY AWARDS













EDOUARD SICOT; FOR DETAILS, SEE SHOPPING GUIDE.







1. BEST MASCARA Dior Diorshow Mascara ($34). Two things that we thought could never be improved: Drake's dance moves and this mascara. But Dior managed to prove us wrong when it revamped this industry fave with microfibres that mimic lash extensions and a tube that prevents dreaded mascara dry-out. **EDITOR'S POV** "The best got even better with a super-charged formula that volumizes and conditions in a single swipe." **– Janna O'Toole, beauty and fitness director, ELLE Australia**

2. BEST ANTI-CELLULITE CREAM Clarins Body Shaping Cream ($63). Smooth on this organic quince-enriched cream to firm up your waist, thighs and arms. **INSIDER ADVICE** "Try aqua biking twice a week. It's one of the best sports to fight cellulite [and], on top of that, it's fun!" **– Maria Aziz, editor-in-chief, ELLE Middle East**

3. BEST SUNSCREEN Sisley Paris Super Soin Solaire Milky Body Mist SPF 30 ($167). UVA and UVB filters protect skin from sun damage, while mango extract and shea and camellia oils keep things moisturized. Grab one next time you're in Europe. **INSIDER ADVICE** "It's the best texture for suncare I've ever tried: light and non-greasy. It doesn't smell like a sunscreen, and it has anti-aging benefits." **– Nuttika Ongksirimemongkol, beauty director, ELLE Thailand**

4. BEST BODY MOISTURIZER Vichy Laboratoires Idéal Body Balm ($27.50). "If the ingredients work on the face, why not put them in a body cream?" asked the creators of this balm rich in hyaluronic acid and anti-aging LHA. **EDITOR'S POV** "It's like a cashmere coat for the skin. The botanical oils soften the skin and make it incredibly smooth. And the smell is divine." **– Barbara Huber, beauty director, ELLE Germany**

5. BEST LIP COLOUR Clinique Pop Lip Colour + Primer ($21). Beauty editors prefer their prodz to be like Kylie Jenner on Snapchat: always multi-tasking. That's why we're all for this moisturizing primer-lipstick combo. **EDITOR'S POV** "It's so lightweight that you forget you're wearing it, but the colour lasts all day." **– Vanessa Craft, beauty director, ELLE Canada**

6. BEST HAIRSTYLING PRODUCT Bumble and Bumble Surf Infusion ($35). This sea-salt spray is infused with oil, so hair looks beachy but never crunchy. **EDITOR'S POV** "It gives you that fresh, sexy vibe that breaks men's hearts." **– Lavinia Gogu, beauty editor, ELLE Romania**

7. BEST SHAMPOO Kérastase Résistance Bain Thérapiste ($42). This super-moisturizing shampoo is hydrating enough to be used post-conditioner. **INSIDER ADVICE** "Try double cleansing. The first lot gets product out, [and] the second really cleanses the whole hair shaft and scalp." **– Sophie Beresiner, beauty director, ELLE UK**

8. BEST CONDITIONER René Furterer Absolue Kératine Ultimate Renewal Mask ($65). This luxe mask contains amino-acid-rich plant keratin to help rebuild frazzled hair. **INSIDER ADVICE** "Your hair needs as much care as your facial skin." **– Thi Khanh Ngoc Nguyen, senior beauty editor, ELLE Vietnam**

9. BEST FOUNDATION Lancôme Miracle Cushion All-in-One Liquid Compact Foundation ($48). K-Beauty for the win (again). The 800,000 pores of this cushion compact ensure even and natural application of this cooling, wrinkle-fighting foundation. **EDITOR'S POV** "It is the first foundation that totally meets all my demands: super-light, weightless coverage, a fresh feel on the skin, a perfect match with my skin tone and high usability." **– Marianna Partevyan, beauty and health editor, ELLE Ukraine**

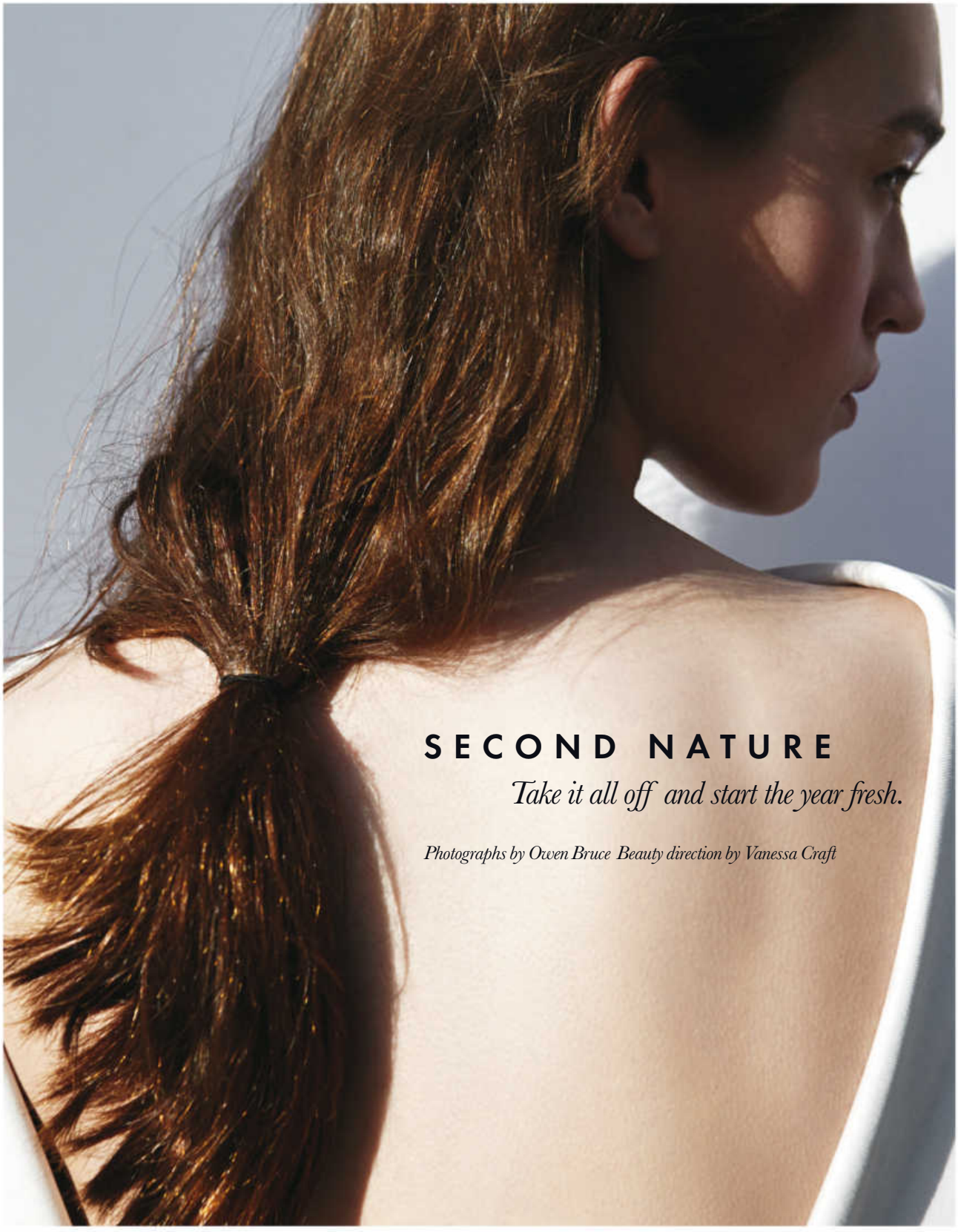
10. BEST ICONIC BEAUTY PRODUCT YSL Beauté Touche Éclat Radiant Touch ($50). Swipe this beloved highlighter across cheekbones, on your Cupid's bow and down the bridge of your nose for a truly lit-from-within look. **EDITOR'S POV** "I remember makeup artist Terry Gunsburg [at Yves Saint Laurent at the time] demonstrating the utility of this magical product in enhancing the radiance of the skin. If we could have then imagined the international and phenomenal career of this discreet pen!" **– Elisabeth Martorell, deputy beauty director, ELLE France**

11. BEST FACE MASK Caudalie Instant Detox Mask ($39). The fruit cocktail of ingredients (detoxifying grape skins and pulp and radiance-boosting papaya) and clarifying coffee in this mask wake up tired skin. **EDITOR'S POV** "This mask fights against dry skin and stimulates circulation for a more flattering look." **– Angélique Martel, beauty editor, ELLE Québec**

12. BEST ANTI-AGING PRODUCT Estée Lauder New Dimension Expert Liquid Tape ($78). Half the fun of this collagen- and elastin-booster is in the application—it literally glides around eyes, cheeks and mouth like you're icing a cake. The other win: skin-smoothing results. **EDITOR'S POV** "It lifts and firms the skin for a more sculpted look instantly. Great to use the morning after a late night out." **– Vanessa Chia, beauty and health director, ELLE Singapore**

13. BEST MOISTURIZER Chanel Hydra Beauty Micro Sérum ($125). Droplets containing camellia oil (Coco's favourite flower and a potent moisturizer) plump and nourish grateful skin. **EDITOR'S POV** "This delivers the lasting intense moisture bomb of a heavy cream or balm but in a shockingly light serum. I applied it at the beginning of a long-haul flight from NYC to Asia: 18 hours later, my skin was still happy and hydrated." **– Emily Dougherty, beauty director, ELLE US**

14. BEST FRAGRANCE Alaïa Paris Eau de Parfum Spray ($120 for 50 mL). Notes of peony, pink pepper and freesia top designer Azzedine Alaïa's debut fragrance. **EDITOR'S POV** "The best way to wear Alaïa [is] every day. Even when I'm just wearing a sweatshirt and casual jeans, if I wear this perfume, I feel elegant." **– Migu Kim, beauty director, ELLE Korea**



SECOND NATURE

Take it all off and start the year fresh.

Photographs by Owen Bruce Beauty direction by Vanessa Craft

LOOSE ENDS Keep hair happy and blissfully unaware of damaging winds with a hydrating shampoo. Try: Live Clean Keratin Oil Smoothing Shampoo ($7), which contains beta carotene and keratin oil.



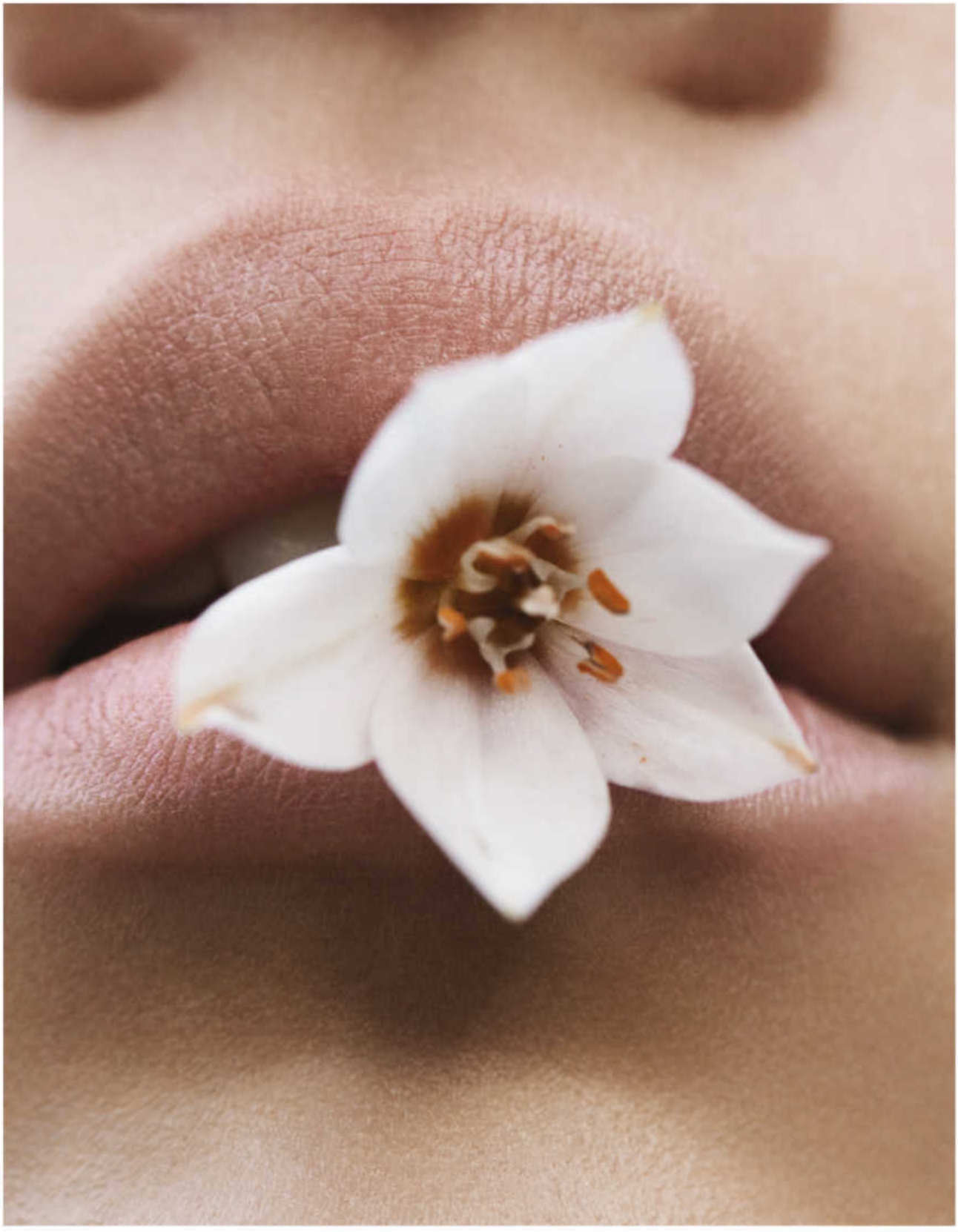
BARE-NAKED LADY Brushed-up brows and radiant skin are low-key beauty at its best. Pump up sparse eyebrows with NeuBrow Brow Enhancing Serum ($125). For details, see Shopping Guide.



SOFTLY, SOFTLY
After moisturizing, press a cream blush, like Josie Maran Argan Color Stick ($26), onto the apples of cheeks for a natural flush.



ONE SHINE DAY A gleaming, glossy eye gives a theatrical vibe to a simple, skin-focused look. Tap Elizabeth Arden Eight Hour Cream Skin Protectant ($25) lightly across lids and go. For details, see Shopping Guide.



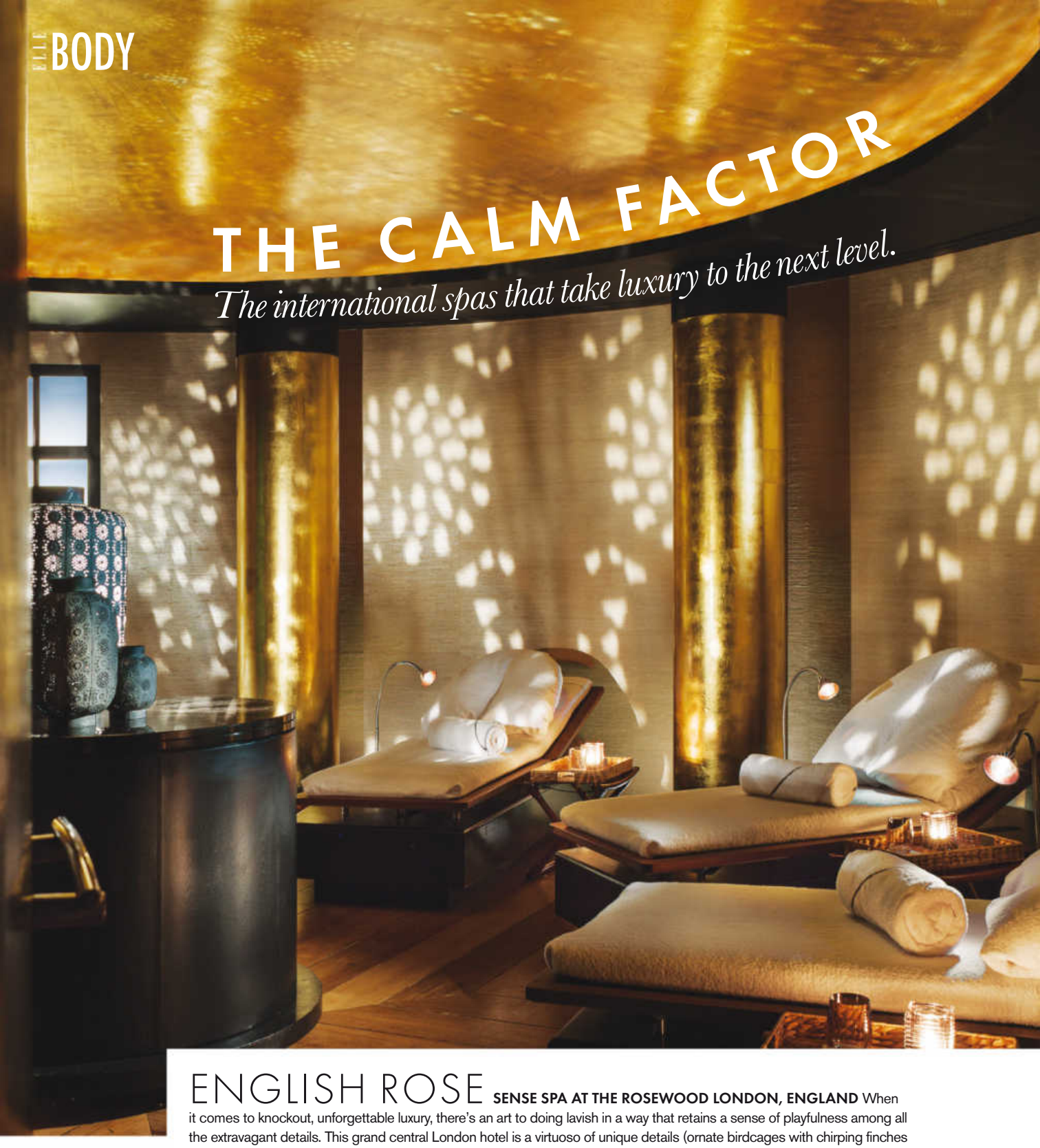
NUDE AWAKENING A soft, pale mouth is modern and easy to wear.
Or forgo lipstick and wear Chanel Rouge Coco Baume ($42) for a truly bare beauty.



A MULTITUDE OF SKIN
Your face gets dry during winter, so switch your soapy foaming cleanser for a soothing, gentle oil, like Caudalie Make-Up Removing Cleansing Oil ($28). For details, see Shopping Guide. Model, Elizabeth Davison (Lizbell Agency); hair, Yoichi Tomizawa (Art Department); makeup, Linda Gradin (L'Atelier NYC); art direction, Brittany Eccles

THE CALM FACTOR

The international spas that take luxury to the next level.



ENGLISH ROSE

SENSE SPA AT THE ROSEWOOD LONDON, ENGLAND When it comes to knockout, unforgettable luxury, there's an art to doing lavish in a way that retains a sense of playfulness among all the extravagant details. This grand central London hotel is a virtuoso of unique details (ornate birdcages with chirping finches by the elevators; an awe-inspiring 50-metre-tall central staircase made of solid marble; a farmers' market held in the courtyard every Sunday) and exceptional service. The standout Sense Spa is an extravagant world of warm woods and bamboo-walled seclusion and has exclusivity on its side: It's host to the only available Face Place treatment outside of the United States. The signature Face Place facial is a Hollywood-secret skin fix that offers instant results by using a galvanic mask straight out of a sci-fi flick to pump vitamin C and other antioxidants into the skin as well as a game-changing pore-sucking vacuum mask. Holistic relaxation is at a premium at this spa, regardless of the treatment chosen—there are also contouring marine body wraps and rose-quartz-crystal facial treatments that will leave you glowing like you just won an Oscar. After emerging from the spa's blissful cocoon, consider booking into the Grand Manor House Wing for the night. (At 585 square metres, it's so large that it has its own postcode.) You're probably not ready to join the real world for a while yet. **VANESSA CRAFT**



GARDEN STATE

AO SPA AT THE ANDAZ HOTEL, TOKYO, JAPAN

If I could choose one scent to follow me wherever I go, basil would be my fragrance life partner. So when I saw the sweetly fragrant herb growing on a wooden table piled high with dried fruit, flowers and oils at the AO Spa, I knew I was in for a bespoke Zen indulgence. The facialist plucked a few of the bright-green leaves, placed them into a mortar and, using a pestle, ground them together with some fresh wasabi (it happened to be in season) to create a good-enough-to-eat blend for a pre-treatment foot soak. This personalized approach using fresh, locally sourced ingredients is the spa's modus operandi, known as *jiyu jizai*, or "your creation." After the apothecary session, it was time for the main event: the Repair Facial, administered in one of the spa's 37th-floor treatment rooms with sweeping views of Tokyo. The multi-step process uses Diamond Collection products from Spanish brand Natura Bissé to boost hydration and restore luminosity and elasticity. After this massage marathon of oils, exfoliants and serums, I opened my eyes, looked out the window and spotted the Imperial Palace—an apt vista after an experience fit for an empress. **LIZ GUBER**







CALIFORNIA GLEAMING

THE SPA AT EL ENCANTO, SANTA BARBARA, CALIF. The staff greeted me with "It's a beautiful day today!" when I arrived at the hotel, maintaining the charade that there is another kind in this magical place. The recently renovated property, which is nestled in the hillside between the Pacific Ocean and the Santa Ynez Mountains, originally opened in the 1920s. Carole Lombard and Clark Gable are said to have sojourned here to escape the rigours of extreme wealth and fame; it still feels like the sort of easeful American Riviera refuge one should visit via convertible with one's coif wrapped in an Hermès *carré*. (Alas, I arrived via Hyundai rental.) Here, bunnies bob about the hotel's three hectares of terraced gardens: a fantasia of streams, palms and citrus trees abloom with cottontails as fluffy and white as the local gardenias. Even the hotel's resident cow (yes, there is one; her name is Ellie) is pampered with regular massages, baths and hoof pedicures (when she isn't busy providing dairy for the hotel's restaurant) to ensure her supreme comfort. When I visited, I was pregnant and feeling (appropriately, as it turns out) Holstein-like, so I partook of a treatment of my own at the hotel spa. Treatments involve ingredients as recherché as Patagonian seaweed, kaolin clay and local Cabernet- and Pinot-grape seeds. I opted for a facial and spent an hour I wish I could relive getting lathered in propolis (used by ancient Egyptians to embalm mummies—now used, evidently, to embalm the middle-aged) and royal jelly (the substance secreted by honeybees that is used to nourish and nurture the queen bee)—all products courtesy of Beverly Hills facialist Linda Ross. I floated back to my room, my complexion feeling as fresh as a California gardenia. **OLIVIA STREN** ▷



ROOM WITH A VIEW

THE SPA AT THE SUNRISE KEMPINSKI, BEIJING, CHINA After a day walking the Mutianyu section of the Great Wall of China, I wasn't about to have a Swedish massage or a European foot treatment. I told the therapist that I wanted to experience a traditional Chinese massage. "It's not about relaxation, and there are no products," he cautioned. "If you are expecting treatments like you have back home, this isn't it. There's no music, scents or candles." He said that the stretching and kneading I'd experience would be about releasing blocked energy and bringing my body back into balance. After a few days in Shanghai and Beijing, my asthma-prone lungs were beginning to feel more than a little "blocked," so I told him to apply his deepest pressure and get started. As he kneaded and pounded my thighs, images of Parmesan-crusted flattened chicken came to mind. (I had unknowingly eaten goose tongue the day before, so I was feeling a little nostalgic for familiar fare.) Midway through the treatment–which included the therapist drilling his knuckles mercilessly into the arches of my feet and delivering a few swift karate-like chops to my back–I noticed that my nose had started to drip onto the floor. The room was dimly lit, so at first I thought the dark splotches were blood. My first thought was "Am I having an aneurysm?" I asked for a tissue, wiped my nose and was relieved to see that the tissue wasn't crimson. An hour later, I returned to my room feeling pleasantly pummelled and ready for bed. By morning, a latent cold had been "unblocked," but this experience was worth every sniffle. More than just a five-star setting, luxury is about having moments where you're outside your comfort zone. **NOREEN FLANAGAN**

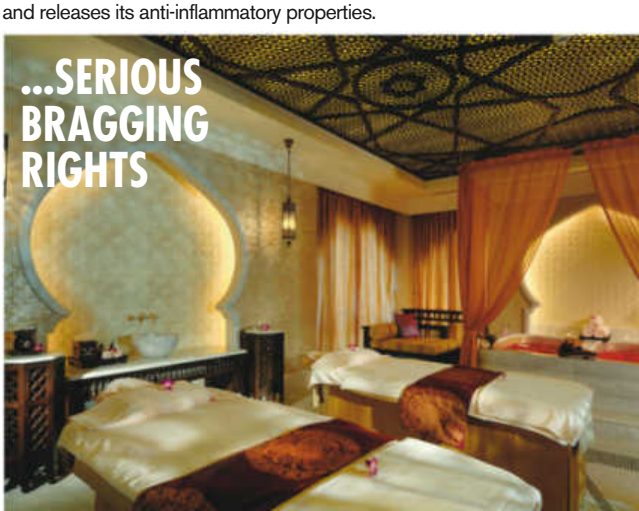


CHOOSE YOUR OWN (SPA) ADVEN

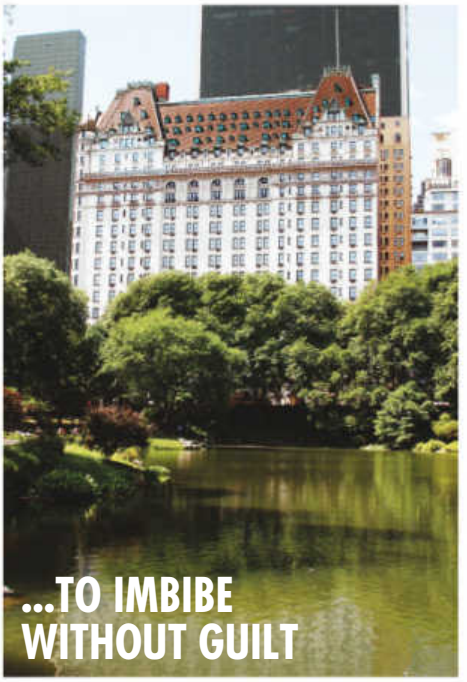


THE GUERLAIN SPA AT THE WALDORF ASTORIA, NEW YORK Many spas tell you to relax and take your time post-treatment, but most of us feel pressure to get ready as soon as the "all finished" bell chimes. Not so at the Guerlain Spa, where every (impressively-skin-boosting) treatment comes with an added 20 minutes at the end. This time is for remaining in the well-appointed spa suite to have a shower, a snack or even just a nap. In a world where time is the ultimate luxury, this is an urban utopia.

THE EMIRATES PALACE SPA, ABU DHABI If sheet face masks had been around in the time of Louis XVI, we're betting he and his wife Marie Antoinette would have booked into this opulent spa for the 24 Carat Gold Radiance Facial. A sheet of gold–real, actual gold!–is massaged into skin using nanotechnology, which reportedly breaks down the gold and releases its anti-inflammatory properties.



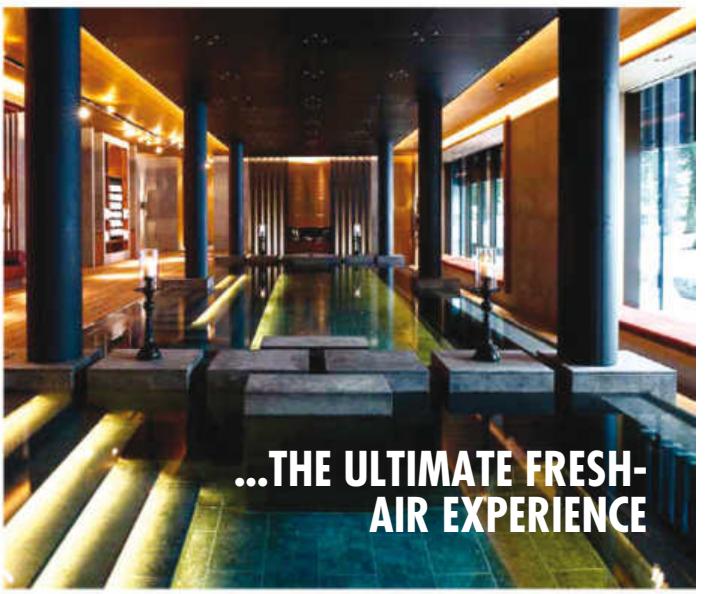




...TO IMBIBE WITHOUT GUILT

THE CAUDALIE VINOTHĒRAPIE SPA AT THE PLAZA HOTEL, NEW YORK When visiting The Plaza in New York, bypass the tea room (sorry, Eloise) and head up to the Caudalie Vinothérapie Spa on the fourth floor. Here, we tried the all-natural French brand's Vinoperfect Radiance facial, which uses the ultra-relaxing (there may even have been some drooling) technique "*palpé roulé*," a gentle massaging and rolling of the skin that helps prevent sagging. Expert advice: Post-treatment, treat yourself to a glass of red straight from the brand's mother ship and vineyards in Bordeaux. Yep, they have wine IN the spa. #win

THE CHEDI SPA, ANDERMATT, SWITZERLAND Skip the slopes at this alpine utopia and head to the spa. Here, you'll benefit from the healing powers of that Alps air—without breaking a sweat—with the Alpienne Mountain Ritual. The three-hour treatment includes a full-body massage and body polish, using mountain-grown herbs, a facial and a steam bath.



...THE ULTIMATE FRESH-AIR EXPERIENCE

TURE

WHERE TO GO IF YOU NEED...



...A TRULY PRIVATE EXPERIENCE

SPA MY BLEND BY CLARINS, VELAA PRIVATE ISLAND, THE MALDIVES The ultimate in privacy, this secluded floating villa (which costs around $39,000 a night) counts Nemo and friends as your only neighbours. The trip is worth it for the setting alone, but the luxe treatments, such as the customizable facial—during which your skin concerns are diagnosed and treated with a bespoke skincare program—are indulgent extras that even Dory would never forget. □



"CHOOSE YOUR OWN (SPA) ADVENTURE" BY CARLI WHITWELL & VANESSA CRAFT

CANADA ELLE elleCanada.com



PETER PILOTTO

DELPOZO

PRADA

DON'T MISS IT!

1.
Get the closet of your dreams with our expert guide to editing and organizing your wardrobe. #happyplace

2.
We're looking back on the most memorable fashion moments of 2015. (Hello, Lupita Nyong'o in head-to-toe pearls at the Oscars.)

3.
We show you how to wind-chill-proof your beauty regimen. Hint: You'll need more than a good moisturizer.

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BOTTOMS UP!

Our lives are gluteus-maximized, and 2016 might yet be the pinnacle. Here's our definitive guide to getting your best booty ever.

BY CARLI WHITWELL



TRUNK ARCHIVE

When Amy Schumer wound us up about our obsession with oversized tushes in the 2015 parody track "Milk Milk Lemonade," she wasn't (entirely) kidding. Last year in Canada, Google searches that included the word "butt" (and similar descriptors) outpaced those of 2004 by 89 percent.

Along with #belfie (butt selfie), #sidebutt and #underbutt are the newest hashtags to go along with showing off your sculpted rear—that rear you probably achieved in your gym's glute-specific workout class (or from which you smoothed away some cellulite in a bum facial at the spa). And let's be real: Can you remember the last time you saw a pop star perform in anything but a derrière-emphasizing bodysuit?

Experts agree that we can thank Jennifer Lopez for this rise in fascination with the behind. Research shows that the more media you take in, the more likely you are to want to emulate that "I haven't eaten carbs in years" beauty standard. So when Lopez wore THAT Versace dress to the 2000 Grammys, the masses—who were used to the '90s reign of the waif—had a new, curvier muse. Fifteen years later, such inspo is everywhere: See Kim Kardashian, Beyoncé, Nicki Minaj et al.

Of course, celebrating our rear ends isn't entirely new—just ask rapper Sir Mix-A-Lot. Many cultures have long bowed down to the fuller figure, crowning a big booty as the ultimate in femininity. "In black and Hispanic cultures, having a tiny waist, large hips and a large butt is seen as attractive," says Dionne Stephens, an associate professor of psychology at Florida International University who specializes in sex in pop culture. "But it was really framed [by society] as highly sexualized and problematic. JLo was the first to make it okay."

Personal trainer Lyzabeth Lopez can relate. Lopez, who is part Latino, used to go hungry in order to get lean. "Before, there was this one ideal," she says. Now, she teaches women how to make the most of their figures. Stephens agrees that pop culture's acceptance of a hypercurvy bottom has helped us feel better about this part of our bodies. "But until we start accepting different sizes and being realistic with proportions," she says—for example, someone with a bigger bum may be bigger all over and that's okay—"we haven't hit a place of acceptability." The first step: loving every part of our bodies—no ifs, ands or butts. ▷

HAVE A SEAT

We decode your dream bottom and show you how to get there.

MY CURRENT REAR-END REALITY IS...

NO BUBBLE, JUST BUTT



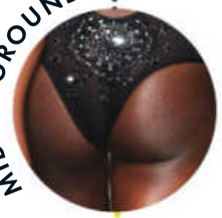
NAH, I'M GOOD



Congrats! You're either a unicorn, a 10-year-old or related to Gisele. You believe that good butts come in small packages.

GIMME, GIMME MORE

MIDDLE GROUND



I'M LOOKING TO DOWNSIZE

WHERE DO I START?

Is your idea of exercise scrolling through the Insta feeds of your fave trainers? We feel you. But if you want less junk in your trunk, watch what you eat. (You know the drill: lean protein, fruits and veggies, good fats.) There are also apps that calculate your ideal caloric intake. (This figure is based on basal metabolic rate–the energy you burn in a day when at rest–plus the energy you burn through activity.) To reduce your bum, consume fewer calories or work out more.

MAINTENANCE, PLZ

Love working out? Try high-intensity interval training: fast-paced circuits. It's a great fat burner, and it won't make your behind bigger.

GIMME, GIMME MORE

GIMME, GIMME MORE

A beautiful bottom is not built on lunges alone. As part of a balanced diet, you'll need a healthy dose of protein. When you lift weights, you're creating tiny tears in the muscle fibres; protein helps to repair them. Try 0.8 to 1 gram of protein a day per pound of body weight. (One chicken breast has about 30 grams of protein.)

THICK & JUICY





NAH, I'M GOOD

Coolio. We'll see you in Drake's next video. Since your gluteus is at its maximus, emphasize the areas around the butt–the hamstrings, lower back and abs. Lopez bases the abs portion of her Hourglass Workout on Pilates. "We have a natural corset called the 'transverse abdominis.' If you learn to breathe properly and hold your core in (belly button to spine), this will assist in creating a smaller, stronger core."


JUST A BIT ROUNDER?
Try a booty-building workout class, such as the Best Butt Ever class at Equinox in Toronto, which includes both strength training and plyometrics. The latter is a must for a firm posterior. "It raises the heart rate and helps burn fat, which will enable you to see the beautiful muscles you have been working," says area group fitness manager Mark Hendricks.
OR LIKE KARDASHIAN BIG?
You'll need to put the time in. It can take an athlete up to a year to put on 10 to 20 pounds of muscle. Beginners should consider hiring a trainer for five sessions to craft a sculpting strategy that works with their shape. "A trainer will ensure that you're spending your time the best you possibly can, activating the muscles, doing the [amount of] weights that are going to make a difference and having the nutrition that's going to maintain it," says personal trainer Lyzabeth Lopez, creator of the Hourglass Workout. Hold a weight in each hand while doing any lower-body exercise—start with five- to eight-pound dumbbells and work up to 20 to 30 pounds.
Buns of steel!
NAH, I'M GOOD
You are the Goldilocks of booty: You have your dream bum—neither too big nor too small. Why not focus on getting your skin in shape? Try dry-brushing to reduce the look of cellulite. Aromatherapy Associates Polishing Body Brush ($40). For details, see Shopping Guide.
I'M LOOKING TO DOWNSIZE
Are you sure? Please read the rest of this article and reconsider. This is your time.
GIMME, GIMME MORE
Hit the gym on the reg, but skip the squats. Even though these are good for building glute muscles, they also target the quads. And that's a no-no for pear-shaped girls. "If thick thighs are in your genes and then you add muscle all over the thigh, you're going to make them bigger," says Lopez. ▷
Brazilian bum-shell
Work it!
TURN UP THE VOLUME FROM TINY TWERKER TO BOOTYLICIOUS

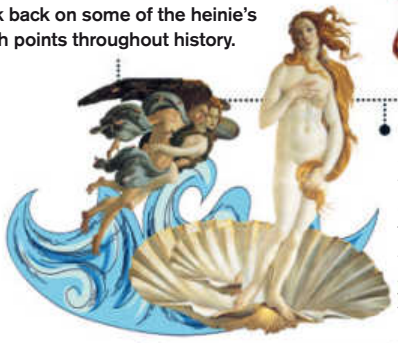


THE BUSINESS OF BIG BOOTY

Many women are resorting to plastic surgery in their quest for Kim Kardashian's Jessica Rabbit-like curves. From 2013 to 2014, butt-implant surgeries climbed 98 percent, according to the American Society of Plastic Surgeons (which has members worldwide, including Canada). Butt lifts are also climbing, at 44 percent. Arguably the most popular of these is the Brazilian butt lift, in which doctors use your fat to sculpt a dream rear. (The name was inspired by the coveted curves of Brazilian women.) Dr. Constantino Mendieta, a Miami-based plastic surgeon, sees the latter as an industry game changer. "Fat has become the new liquid gold in plastic surgery. It allows us to mould and shape the body." Kurt Williamson, who produced the 2014 documentary *Bottoms Up*, interviewed several women who opted for these procedures. For many, they were "big confidence boosters," he says. But he warns that trying to live up to an ideal can be emotionally damaging and, in some cases, physically dangerous—some women are resorting to underground injections with silicone or cement because they are cheaper. (Buttock lifts cost about $10,000; the price tag for implants is almost double that.) "I think it's great that every body part can be celebrated, but when it makes people insecure and when someone goes about it the wrong way, it can turn into something ugly," says Williamson. The only injectable approved for the buttock in Canada is fat, says Dr. Julie Khanna, president of the Canadian Society for Aesthetic Plastic Surgery. And make sure that your plastic surgeon is certified by the Royal College of Physicians and Surgeons of Canada and that his or her facility is accredited.

REAR-VIEW MIRROR

A look back on some of the heinie's high points throughout history.

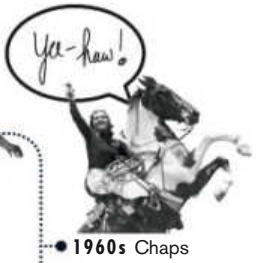




1500s Renaissance men and women bowed down to curves. They meant you were rich because you had enough food to eat.



EARLY 1900s You know who had an itty-bitty waist with a round thing in your face? Gibson girls, whose curves—thanks to their S-shape corsets—personified the American dream girl.



1960s Chaps moved from the rodeo into the bedroom with the rise of fetishism.

1969 Dr. R. J. Bartels performed the first butt-enhancing surgery.



1996 "The bottom of the spine [is] the most erotic part of anyone's body," said the late Alexander McQueen. In 1996, he showcased bumsters—trousers that sit below the swell of the butt—designed to elongate this sensual curve of skin. The controversial pants launched his career and the aughties era of low-rise jeans.



2000 Our experts agree: JLo's barely-there Versace Grammys dress brought the booty into the mainstream.



EARLY 2000s Butt enhancers—the underwear equivalent of the padded bra—were a big hit in lingerie departments.

2006 "Kiss my fat ass," said supermodel and talk-show host Tyra Banks after being fat-shamed in the tabloids for gaining 30 pounds.



2007 *Keeping Up with the Kardashians* debuted. Kim and her curvy siblings were crowned the new feminine ideal. In 2014, Kim's *Paper* magazine cover (an ode to a 1976 Grace Jones shoot) almost broke the Internet.

2011 Kate who? Pippa Middleton's clingy McQueen gown—and what lay beneath—was the talk of the royal wedding.

2014 The bottom hit the charts. Odes to the rear included "Booty" by JLo featuring Iggy Azalea, "All About That Bass" by Meghan Trainor, "Wiggle" by Jason Derulo with Snoop Dogg, and "Anaconda" by Nicki Minaj.

SKIN & TONE *Because a good bum is not built by exercise and diet alone.*









1. Curvy Kylie Jenner swears by PureLeef Butt & Body Plumping Cream ($64). **2.** This tinted cream is the go-to for makeup artists on-set. Prtty Peaushun Skin Tight Body Lotion ($49). **3.** Send cellulite into hiding with an exfoliating scrub. Sea salt, cranberry and organic sugar polish away dead skin while argan oil hydrates. Tata Harper Smoothing Body Scrub ($76). **4.** Looks like a vacuum and acts like one too—massaging skin to minimize the look of cellulite. Bliss FatGirlSlim Lean Machine Body Contouring System ($168). For details, see Shopping Guide.

FOLIO-ID (BOTTOM WITH NEEDLE): GETTY IMAGES (*THE BIRTH OF VENUS* BY SANDRO BOTTICELLI, GIBSON GIRLS, COWGIRL, J. LOPEZ, I. AZALEA & MUSIC NOTES); INSTAGRAM/WEARELIBERTYDESIGN (K. MOSS IN BUMSTERS), PREVIOUS SPREAD: INSTAGRAM/WOMENANDCARS (FIRST BUM); IMAXTREE (SECOND BUM); INSTAGRAM/SUELYNMEDEIROS (THIRD BUM); GETTY IMAGES (PEACHES, LEAVES, PINEAPPLE, G. BÜNDCHEN, FOAM FINGER, PEACOCK FEATHERS, SUSHI, GREEN POWDER, FISH, CHICKEN BREAST, LETTUCE, CARROTS, TENNIS BALLS, PROTEIN POWDER, BOXING GLOVES, SMOOTHIES, WORKOUT GIRLS, SMALL WEIGHTS, MANGO, WATER, BASKETBALL, GYM BAG & ALL CELEBRITIES); ISTOCK (TENNIS RACQUET & HEAT DIAL)



Fashion features editor Lisa Guimond





ELLE CANADA VIP **SHOPPING EVENT** AT COACH







COACH
NEW YORK



JOSH Z. FOR PAGE ACTIVATIONS

On October 28th, ELLE Canada readers attended an exclusive VIP shopping event with fashion features editor Lisa Guimond at the Coach store in Yorkdale Shopping Centre in Toronto. DJ FeelGoodSmalls set the tone for guests to enjoy some bubbly and bites in celebration of the fall 2015 women's collection.

ELLE VIP
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TAKE A HIKE

Unnamed peaks and unmatched vistas beckon you north of the Arctic Circle.

MEET THE LOCALS



175 DALL SHEEP
Many of them like to hang out near the aptly named Sheep Creek.



250 GRIZZLY BEARS
Plus the occasional polar bear at the park's northern border, the Beaufort Sea.



200,000 PORCUPINE CARIBOU
The herd migrates through the region every spring.



GAZILLIONS OF MOSQUITOES
A mesh bug jacket is the park's must-have accessory.

EDITOR'S POV The phrase "a river runs through it" came to mind as I hiked along the Firth River canyon, which cuts through 150 kilometres of alpine tundra in Ivvavik National Park near Yukon's northern tip. It's difficult to get here—only 113 people set foot in the 10,000-square-kilometre park in 2015—but that's part of the attraction. It's easy to dream big when you have such a far-flung and far-reaching part of the world all to yourself.

CHRISTINA REYNOLDS

GETTY IMAGES



ARCTIC REVERIE

Ivvavik National Park reveals a rich look at the land, wildlife, culture and people of the North. BY CHRISTINA REYNOLDS

I've made it halfway to heaven. Yes, that's a bit of an exaggeration, but I can assure you it's an appropriate one. The spot that has been given this lofty nickname is the pinnacle of a mountain 200 kilometres north of the Arctic Circle. It's a bit of a scramble up spiky bedrock tors to get right to the top, but I am rewarded with an otherworldly view through a natural rock window. It may not show you heaven, but the view back down to earth is pretty hard to beat: velvety green peaks separated by deep V-shaped valleys, some with striking patches of purple, sage, orange and yellow. It all somehow looks both delicate and severe.

I hiked to this signature spot in the Yukon's Ivvavik National Park this past summer with the man who named the peak. Mervin Joe is officially a Parks Canada cultural resource management technician, but he is also known as the unofficial mayor of Sheep Creek—the park's base camp, which is about a six-kilometre hike from where we're standing. Joe, an Inuvialuit from the community of Inuvik in the Northwest Territories, came to work at the park in 1993 and has been coming back every year since. One day, while guiding youth campers on a new route, he found himself taking a radio call at this spot. When asked where he was, he replied, "I don't know, but we must be halfway to heaven by about now." The name stuck. Since then, he estimates, he has done the hike about 30 times. "I like to show it off," he says with a grin. "Cloud, rain, snow, people—it's different every time."

PATRICE CARMICHAEL (LANDSCAPE); CHRISTINA REYNOLDS (PLANE & ROCK WINDOW); MERVIN JOE (SUMMIT SELFIE)





Halfway to Heaven's rock window; the route to the top (left); a summit selfie (right)





The landing strip at the rustic Sheep Creek International Airport

HOW TO GET HERE

To reach Ivvavik National Park, you need to take a Twin Otter bush plane. Parks Canada offers one-week all-inclusive fly-in trips from June to early July for $3,375. The 70-minute flight out of Inuvik in the Northwest Territories crosses the Mackenzie River Delta, where countless blue channels fan out and snake their way to the Beaufort Sea. (Have your camera ready!) **What else you need to know** Since there are no trails, interpretive guides lead various hikes. There is also an Inuvialuit cultural host on each trip and a camp cook who will whip up daily feasts that can include caribou soup, Eskimo doughnuts and more. Tents are provided, and, best of all, there's a new state-of-the-art wash house with flush toilets and hot showers!

Thirty times might not seem like a lot until you realize the fly-in summer hiking season here is only from mid-June to early July. Only 113 visitors made it to this park in 2015. Aside from a few fellow hikers and a dozen or so rafters making a 130-kilometre journey down the park's Firth River, the closest people to us in this 10,000-square-kilometre expanse are those who occasionally pass 40,000 feet overhead. Partway up our hike, we hear a jet and can see its faint outline as it travels across the clear sky. "Usually there's a jet trail, but not today," says Joe. I wonder if any passengers are looking down at us—not realizing there are a couple of human dots looking up at them as they whiz by overhead.

There are no marked trails, which is why you need a guide. As Joe and I traverse alpine ridges and saddles, we sometimes "side-hill" to follow trails made by Dall sheep and porcupine caribou. The 200,000-strong herd of caribou, which migrates through the region in the spring, leaves dozens of intertwining pathways along the steep mountain slopes. Park staff estimate the "trails" are 80 percent maintained by animals and 20 percent by ▷



Coffee cups in the Imniarvik base camp's cookhouse; white pines growing in a south-facing valley (below); another celestial moment on the way to Halfway to Heaven (below, left)



LOST IN TRANSLATION

It's the fourth day of my five-day hiking adventure, and I'm happy to spend it at the Sheep Creek Station base camp with my fellow hikers and a few park employees. (We're all glad to give our feet a rest after three days out on the uneven, tussocky terrain.) At the cookhouse, Diane Wilson, the park's Western Arctic field unit superintendent, is busy decorating a cake to celebrate the fact that the base camp, which was built in 1989, is getting a new name at a ceremony today. Danny Gordon, an elder and hunter from Aklavik who's also a member of the North Slope Wildlife Management Advisory Council, helped inspire the name change. "Imniarvik," I've been told, means "place where sheep are born" or "meeting place for sheep"—but now Gordon, who arrived this afternoon on a bush plane with other members of the council, tells us it means "the place where sheep are harvested." (There is a nearby animal-processing site that dates back 650 years.) I look over to Wilson, who, for just a moment, seems to be taken aback by the altered definition. "Translating Inuvialuktun words can be nuanced," she says with a smile. In the end, though, the official consensus on the meaning is "where the sheep are."



humans. For one break, we stop in the "sheep's bedroom"—a spot where the rocky paths are dotted with oval indents that are just the right size for a curled-up ovine. At this point I realize Joe has been whistling the same tune over and over, so I ask what it is. "It's a gospel song called 'Go Rest High on That Mountain,'" he says with a glint in his eye. "That's exactly what we're doing right now!" I exclaim as we both start to laugh. Resting in a sheep's bed with the sun warming my back and a breeze that's keeping the mosquitoes at bay is indeed heavenly. I'm not in any rush to move. There's so much to take in, and with 24-hour daylight, I have all the time I need.

But there is obviously a lot more to absorb here than the vast, unglaciated landscape. In 2014, Parks Canada began inviting a cultural host on each trip. Local elder Billy Archie, from Aklavik, Northwest Territories, who had not been to the park area in decades, joins my group of a half-dozen hikers and shares his stories of growing up on the land as well as more ancient oral history tales. "My ancestors used to talk about how woolly-mammoth meat was so tender," he says one night after dinner. "You can't capture some of these stories in books." Camp cook Judy Selamio also shares her experiences of hunting and fishing near Aklavik—and what it was like to first learn English at age 12.

Being able to spend time in this park with the Inuvialuit—which means "real people" in Inuvialuktun—isn't just a happy accident. The groups that co-manage the park make a concerted effort to give visitors and locals this time to mingle—and to ensure that Inuvialuit have job opportunities. Although there are many partners involved in these efforts, Nellie Cournoyea and Diane Wilson are two of the key leaders. These women are far apart in age and experiences, but in the three and a half years since Wilson moved to Inuvik, they've formed a unique working relationship and a friendship. Wilson, 37, who grew up in 100 Mile House, B.C., and has worked in Vancouver, Halifax and Ottawa, is the Western Arctic field unit superintendent and oversees Ivvavik. Cournoyea, 75, is from Aklavik and has been chair and CEO of the Inuvialuit Regional Corporation (IRC), which co-manages the park, since 1996. She's also the former premier of the Northwest Territories, a land-claims negotiator and one of the most respected and powerful leaders in the North.

CHRISTINA REYNOLDS (COFFEE CUPS & LANDSCAPE WITH SUNBEAM); PATRICE CARMICHAEL (TREES). OPPOSITE PAGE: PAINTINGS, FROM TOP: *THE VELVETEEN VALLEY IVVAVIK WESTERN ARCTIC 2015*, OIL ON CANVAS; *SUMMERTIME IN IVVAVIK*, OIL ON WOOD; *LOOKING BACK (THE HIKE BACK FROM THE WOLF TORS)*, OIL ON CANVAS. ALL COPYRIGHT © 2015, PATRICE CARMICHAEL (PATRICECARMICHAEL.COM)



"I was intimidated as hell when I first went to her office," recalls Wilson. "But I was honest with her. I didn't pretend I could do this job without a lot of assistance. She just said to me, 'Let me know what I can do to help.'"

The two women often talk three times a week about everything from educational opportunities at the park to infrastructure, and especially staffing, as it's hard to fill positions in the North. "You kind of need 'MacGyvers': people who can fix things with duct tape when needed, drink tea and talk with the community and be patient if a system goes down and they don't have email for a few days," says Wilson. These discussions aren't always in the office, like the time Cournoyea asked Wilson to help her select fabric for summer *amautiit* (parkas) she was commissioning local women to sew for the IRC gift shop. She loved Wilson's purple-and-white-print *amauti* and wanted something similar for the shop.

"It helps to spend time together in the community and have ongoing discussions so it's not just 'them and us,'" says Cournoyea. One of her top priorities is improving life for the youth in her region. "Part of that is to give young people opportunities to get out on the land and talk to them about what sparks their imaginations," she says.

BIRTHRIGHT

Ivvavik National Park, which was born in 1984, is the first national park in Canada to be created under an Aboriginal land settlement. It was established to help the Inuvialuit people protect the land, wildlife and cultural heritage of the area while also retaining their ability to hunt, trap, gather and fish. It's co-managed by Parks Canada, the North Slope Wildlife Management Advisory Council and the Inuvialuit Regional Corporation, which administers the settlement. In Inuvialuktun, Ivvavik means "a place for giving birth, a nursery." During the most recent ice age, this region was one of the few in North America that wasn't covered in glacial ice, making it a natural refuge for woolly mammoths, giant beavers, sabre-toothed tigers and camels. Today, parts of the park are still the calving grounds for the porcupine caribou.

Her comment makes me think of Rachel Hansen, a young Inuvialuit mother of four and interpretive guide whom I met at the park. When she was growing up in Inuvik, she told me, she didn't even know what a national park was, let alone that there was one nearby. But in 2006, after completing a one-year criminal-justice program with a focus on teens at Inuvik's Aurora College, she saw a poster for a Parks Canada position and landed the job. Ever since, she has been guiding youth camps in the park for Grade 8 and high-school biology students and other visitors (like me). Hansen has grown so attached to her unexpected career that she now has a tattoo of blue Arctic forget-me-nots—her favourite flower—on her right forearm. As we hike to a spot called Inspiration Point, she tells me how her eye often wanders across the nearby Firth River to the still unexplored and unnamed peaks just on the other side. "It's like a Christmas present just waiting to be unwrapped," she says. It's that excitement and anticipation that keep her here. "I'd love to get to Paris and London, but it's also amazing to explore my own backyard. I get to know a place really well that very few people get to see." The possibilities here, like the view, are almost limitless. □



PARK ART

"As a photographer and painter, I look for geographical features that stand out and appeal to me," explains Toronto artist Patrice Carmichael just after we'd hiked a 15-kilometre round trip to Ivvavik National Park's Inspiration Point and Wolf Tors. "I was first interested in this place because animals were known to migrate here to give birth. The landscape feels extremely feminine to me. At Inspiration Point, there are these big mounds that look like pregnant bellies. Everything also has this velvet kind of cover to it, with lots of soft lines. I called one of my first paintings from here *The Velveteen Valley* [top]. Now, if you look in the guest book at base camp, everybody's like 'Yeah, the velveteen valley!'"



Clockwise, from left: The entrance to Grand Velas Riviera Maya Resort; the Zen Garden pool; the mahogany walkways; one of the infinity pools by the beach







MAKE A SPLASH

Hit the beach and the jungle in Mexico's Riviera Maya.

BY CHRISTINA REYNOLDS

In Mayan mythology, there is a legend about two warrior-prince brothers: One is saintly and the other is a nasty rogue. The pair fight to the death over a woman, but the gods bring them back to life as trees. Today, in the Mexican Riviera's wild mangrove forests, the two trees grow intertwined. The chechen tree is poisonous—it oozes sap that can severely burn skin—but the chaca tree produces a nectar that can treat and soothe the wounds. At Grand Velas Riviera Maya Resort, just over an hour's drive south of Cancún, you will find only the soothing chaca tree growing in large pots beneath the lobby's immense vaulted ceilings. Yet there is a similar symbiotic relationship—this one is all good—going on at the property, where you essentially get two resorts in one.

There is, of course, a beautiful beachfront with infinity pools looking out to the ocean, which is dotted with kite surfers and snorkellers. The "Grand Class" suites even have their own private plunge pools. Choosing one seems like a #nobrainer—until you check out the "Zen Grand" suites, which are tucked two kilometres back in the jungle. Each suite comes with a private terrace that looks out onto an aquatic garden filled with blooming lily pads. Nearby are more infinity pools surrounded by fan palms and other lush greenery. The adjoining spa's seven-stage hydrothermal water world is also a big draw.

You can explore the laid-back jungle scene on raised mahogany walkways. Every time I take a stroll on the wooden paths, I feel like a posh castaway who has landed on a luxe version of Robinson Crusoe's island. Instead of all-inclusive, it's very all-exclusive. And a quick shuttle ride keeps you directly connected to the high-energy beach.

With just 30 percent of the 32-hectare site developed, it feels like you're in a private, untouched oasis. In addition to the wild mangrove forest, which protects the local ecosystem from hurricanes, there are freshwater pools fed by an underground river system. So it's no surprise that a melodic avian soundtrack follows you everywhere. These are the kinds of sounds that induce relaxing alpha waves in even the most Type A of brains. Aside from parrots and other birds, there are white-tailed deer, spider monkeys and the occasional jaguar, property representative Jorge Ruiz tells me. "So is that why most of the forest is off limits to guests?" I ask. "Have you heard about aluxes?" he responds. "According to local lore, these are jungle sprites or elves that protect you in the forest. Some people still make shrines and offerings to them." When I ask him if he believes in the creatures, he responds with a big mischievous smile. "You never know," he says. "This area is still very unexplored."

DAY TRIPS

Playa del Carmen Check out chef Xavier Pérez Stone's open-air resto, Axiote, just a block off the resort town's popular pedestrianized 5th Avenue. **Tulum** Beyond cool cafés and a laid-back vibe, the bohemian town has 13th-century walled Mayan ruins. **Chichen Itza** It's a two-hour drive inland, but this ancient mythical Mayan city is one of the most visited historical sites in Mexico. **Holbox Island** Spot flamingos, pelicans and whale sharks, and swim in bioluminescent waters.

BRITTANY ECCLES ("BEHIND THE SCENES" IMAGES)







HIGH ADVENTURES "I've never felt more like a dolphin," says photographer's assistant Victor Tate after trying out a "reef explorer," or a SeaDoo Seascooter, during a break from the ELLE Canada photo shoot at the resort. The personal underwater jetpack tucks under your body and lets you zoom through the water at up to five kilometres an hour and to depths of 40 metres—but you do have to remember to come up for air more frequently than a dolphin! (The even more adventurous can try a Flyboard, another type of jetpack that propels you up into the air.) On the day I'm set to try the reef explorer, the water is too choppy, so I go out on a catamaran instead. Sailor Vincent Leon points out the nearby reefs as we zip along the waves (the wind speed is a brisk 10 knots)—the dark patches are easy to spot amid the pale-turquoise zones. "On a calm day, you can see right down to the purple, yellow and blue corals," he says. "It's a great spot to snorkel."



HIGH RELAXATION "It's a synergy of movements," says Maria Pierce, my spa therapist, of the underwater massage treatment I select out of curiosity. "It's very relaxing for me too," she adds. In a private treatment room with its own small pool, she carefully and strategically swirls me through the water—sometimes just by lightly touching my big toe—and gently stretches my floating limbs. While there is a lovely skylight overhead, I close my eyes and trust in her movements: "Just go with the flow," I think as I concentrate on the feel of the water's current against my skin. Since I never touch an edge or the bottom, my sense of time and place temporarily evaporates. "The water is strong," Pierce explains afterwards. "The more you relax, the more tension you release. You have to let yourself be in the moment."



HIGH DINING "It tastes like Donna Karan perfume," says Xavier Pérez Stone, as he explains the depth of flavour of a local Yucatán lime. As I bite into one, I immediately get what he means—there is an appealing floral essence to the fruit. Pérez Stone is the founding chef of Cocina de Autor, Grand Velas Riviera Maya's signature restaurant, which is consistently listed as one of Mexico's top 100. Now a chef-consultant for the resort, he has handed over the day-to-day operations to chef Nahum Velasco, who characterizes their signature tasting menus—think shrimp with pollen, sweet corn and honey, and chocolate with mushrooms and sherry vinegar—as creative Mexican cuisine with a global influence. The duo's goal is to create food that makes people happy. "Growing up, I knew my mother was happy when she cooked a *pipián* sauce," says Velasco. "Chef Xavi and I want to serve you a little bit of our happiness too."

BEHIND THE SCENES

Cover model Kate Bock didn't hesitate to jump right in when it came to shooting in the water, whether it was the ocean, the pools or even the lily-pad ponds. "She was a natural on the 'reef explorer' too," recalls photographer Max Abadian. See the results in "Dream Weaver" (page 45), and stay tuned for more in our upcoming July issue.







ELLE HOROSCOPE

by Georgia Nicols



THE YEAR OF OPPORTUNITY

NOW IS THE TIME TO MAKE THOSE DREAMS YOUR NEW REALITY.

Aries



MARCH 21 – APRIL 19 Major opportunities await you in 2016. Until September, you have an unparalleled chance to improve your job or get a better one. It's important that you act on this because a career peak awaits you in 2018, and now is the time to prepare for this. You can not only improve your job this year but also boost your health. In the fall, you enter a year-long window that is the best time to enter a new partnership. Existing partnerships will also be blessed. Despite any disputes that might arise over shared property, this is a passionate, sexy year. **MANTRA FOR 2016** "The right job and partner will help me achieve my dreams."

Taurus



APRIL 20 – MAY 20 The year 2016 brings you incredible vacation opportunities. Never before have you had so many chances to escape your daily world and enjoy new adventures. Parties, the arts, the theatre, sports and enjoyable times with children will delight you. Love affairs and romance will be more promising than they've been in years! In the fall, you will encounter opportunities to get a better job or improve your existing one. Partnership challenges will lessen by September. This is an empowering year! **MANTRA FOR 2016** "I'm free to pursue fun, pleasure and my own independence."



Gemini

MAY 21 – JUNE 20 This year is your best time in over a decade to improve your home and family life. You will feel richer where you live because you are going to move somewhere bigger or improve your current home. Family relationships will be warmer and mutually generous. This will buoy your spirits so much that, from September onward, you will go to parties, explore fun opportunities, take vacations and hit the social scene. Romance is in the cards late in the year. Existing partnerships and marriages will be challenged; however, the relationships that are meant to endure will last. **MANTRA FOR 2016** "It's time to create the kind of home and family life I've always wanted."



Cancer

JUNE 21 – JULY 22 You're hustling this year. The pace is fast, but the result will be high productivity. Work, work, work and you will get recognition two years down the road—count on it. Maintain this pace because you are pumped with the power of positive thinking. Communication with others will be super-smooth because your attitude with regard to the world around you is more generous and understanding. That's why your plans for the future are bigger and more exciting. You want to go after what you desire this year. By September, home, family and real estate look sweet. **MANTRA FOR 2016** "I believe that I can achieve anything." ▷

IMAXTREE (RUNWAY); RIPPED PAPER (ISTOCK)

ELLE HOROSCOPE

by Georgia Nicols

LEO



JULY 23 – AUG. 22 Leos are wallet warriors in 2016. You love to spend money on good times, and this year brings a sweet boost to your income. As if by magic, you will actualize in your life whatever it is you most value. Define your goals now to get the most out of your resources. What do you have to do to achieve your dreams? For the first nine months of the year, increased activity at home will occur due to renovations or residential moves. As the year ends, your optimism increases and your ability to think positively will help you achieve your goals. October will be a partying month. **MANTRA FOR 2016** "I'm going to use my money to make me happy."

VIRGO



AUG. 23 – SEPT. 22 Until September, moneybags Jupiter is in your sign, boosting your confidence and bringing good fortune, poise, interesting people and favourable circumstances. This will not occur again until 2027, so use it to your advantage. Your aim in life now is to establish a firm base. You want a home that is a refuge, something comfortable and secure. This year, you will sell your ideas to others because you are very forthright in all of your communications. (You've got Mars in your hip pocket.) After September, begin to look for ways to boost your income—they do exist! **MANTRA FOR 2016** "With Lady Luck in my sign, this is my hour."

LIBRA



SEPT. 23 – OCT. 22 Stay light on your feet because residential moves and job changes are in your near future. You'll work hard to earn money this year—and because you love good times and beautiful things, you'll be spending it as well. The special promise of the year begins in September, when lucky Jupiter enters your sign for the first time since 2004. This brings you good fortune. It's like you're rowing with a strong wind at your back. Life will be magically easier. Dream big, and plan what you want to achieve. When Jupiter enters your sign, it is the beginning of a new 12-year cycle of growth. **MANTRA FOR 2016** "With lucky Jupiter in my sign, I will make the changes I want."

SCORPIO



OCT. 23 – NOV. 21 You are extra-popular until the winter of this year. Make new friends and enjoy interacting with clubs, groups and associations. People will help you now, so reach out to them. Get involved. In a rare astrological influence, you will be pumped with energy until September. This makes you aggressive, physically active and ambitious. (Be careful not to overwhelm others.) It's time to get serious about the work you really want to do. Fortunately, you have the courage to make your play and the confidence to convince others you can do it. **MANTRA FOR 2016** "With the help of others, I will achieve my dreams."

IMAXTREE (RUNWAY); RIPPED PAPER (ISTOCK)

Sagittarius

NOV. 22 – DEC. 21 Lucky Jupiter is at the top of your chart this year. The last time this happened was 2004; the next time it will occur is 2027. This is a rare opportunity for you to boost your reputation in the eyes of your peers. Job promotions, new opportunities, awards and praise will be yours this year. This pat on the back is fortuitous because, at the same time, you are setting out on a 30-year journey. Competition and physical activity with friends and groups are another major influence in 2016. You're in the game, and you look stellar! **MANTRA FOR 2016** "The endorsements of others give me the courage to leap forward into the unknown."





Capricorn

DEC. 22 – JAN. 19 This is a decisive time in your life. You're entering a two-year window where you will dismantle and say goodbye to much of what you have created since 2003. Fear not: You will only let go of what you no longer need. This is not loss—it's letting go of deadwood. Meanwhile, 2016 abounds with chances to travel. Keep a packed bag by the door. You can also explore opportunities in higher education, medicine, the law, publishing and the media—the best in over a decade. Starting in September, expect promotions and praise for all your hard work. **MANTRA FOR 2016** "I'm getting ready to switch gears for a new life in 2018."



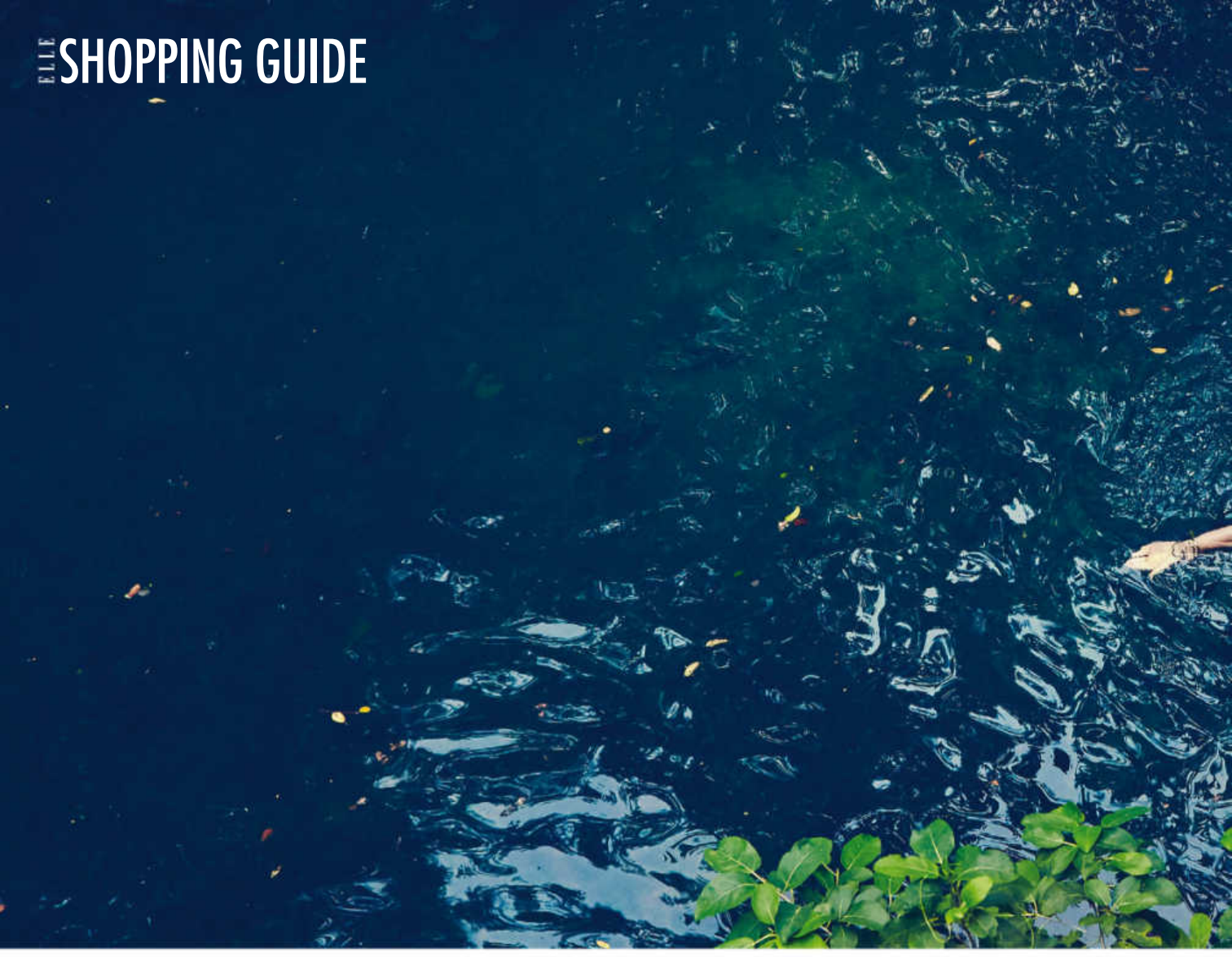
Aquarius

JAN. 20 – FEB. 18 This year, you will benefit from the wealth and resources of others. You might receive an inheritance or a gift of money, or you might benefit indirectly through your partner. This is the perfect year to ask for a loan or mortgage. Because your ambition is aroused in the first eight months, use this energy. Others will help you in practical ways to further your personal goals. Late in the year, travel, educational and publishing opportunities will blossom. You are powerful this year, and others are ready to help you. Yay! **MANTRA FOR 2016** "I will achieve my goals with timely opportunities and help from others."



Pisces

FEB. 19 – MARCH 20 This year, lucky Jupiter sits opposite Pisces, which has not occurred since 2004 and will not happen again until 2027. This means that your closest relationships will bring you joy and opportunities to grow, and they will show you aspects of yourself and of the world around you. This is one of the best years to marry or enter into a new partnership. If you marry, it will be to someone slightly older or more established. This is a time of culmination. Whether you graduate, marry, get a major promotion or begin your own business, what you do this year will make you proud. **MANTRA FOR 2016** "How can I use my success for my future happiness?" □



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REALITY BITES

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